

JOHN HARVEY KELLOGG (1852-1943)

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HEALTH COMPENDIUM

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SACREDNESS OF THE HUMAN BODY.

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, 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. V. I. Sept. 7, '93.

Here Jehovah has given a specimen of himself; for Man was made in the image of God. "P. C." Jan. 11. '97. (329)

The living organism is God's property. It belongs to him by creation and by Redemption; and by a misuse of our powers, we rob God of the honor due him. "P. C." (344) Aug. 30, '96.

Man was the crowning act of the creation of God, made in the image of God, and designed to be a counter part of God.....Man is very dear to God, because he was formed in his own image. This fact should impress us with the importance of teaching by precept and example the sin of defiling, by the indulgence of appetites, or by any other sinful practice, the body which is designed to represent God to the world. R. & H. '96, No. 25.

The wonderful mechanism of the human body does not receive half the care that is often given to a mere lifeless machine. G. V. 173.

The physical organism should have special care, that the powers of the mind may not be dwarfed, but developed to their full extent. V. I. July 27, '93.

The health to be as sacredly guarded as the character. C. Temp. 83.

Jesus did not ignore the claims of the body---- How incumbent is it then upon us to preserve the natural health whith which God has endowed us, and avoid dwarfing and weakening our powers. H. Ref. (153).

As they more fully understand the human body, the wonderful work of God's hand, formed in the Image of the Divine, they will seek to bring their bodies into subjection to the noble powers of the mind. The body will be regarded by them as a wonderful structure, formed by the Infinite Designer, and given in their charge to keep this harp of a thousand strings in harmonious action. H. Ref. 7.

-----KNOWLEDGE OF THE HUMAN SYSTEM-----

From the first dawn of reason, the human mind should become intelligent in regard to the physical structure. "P. C." (322) Jan. II, '97.

A practical knowledge of the science of the human life is necessary in order to glorify God in our bodies. It is therefore the highest importance, that among studies selected for childhood, physiology should occupy the first place. H. Ref.

It is well that physiology is introduced into the common schools, as a branch of education. All children should study it. It should be regarded as the basis of all educational effort. And then parents should see to it that practical hygiene be added. This will make their knowledge of practical benefit. H. R. p. 14.

The ignorance of physiology, and a neglect to observe the laws of health, have brought many to the grave who might have lived to labor and study intelligently. Sp. T. (351) Instruction on the Educational Work. Feb. '94. p. 13.

To become acquainted with the wonderful organism, the bones, muscles, stomach, liver, bowels, and 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. T. § 3. p. 136. which study of the human system, and the laws by

It is all important that the human organism be understood, and then intelligent men and women can be their own physicians. If the 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 mortality would be far less. ... All who possess common capabilities should understand the wants of their own system. H. to L. No. 3. p. 51.

But those who have occupied positions of influence have not appreciated the work which has been so long neglected. --- They consider it far more important to become learners upon subjects of less consequence to the human agent. Thousands upon thousands know nothing of the body, and how to care for it. David declared, "I am fearfully and wonderfully made." And when God has given us such a habitation, why should not every apartment be critically examined. The chambers of the mind and heart apartment are the most important. Why should men and women continue in ignorance, and live in the basement of the house, enjoying sensual and debasing pleasures? "P. C." (319) Jan. II. '97.

It is of the highest importance that men and women be instructed in the science of human life, and the best means of preserving and acquiring physical health. Especially is youth the time to lay up a stock of knowledge to be put in daily practice through life. H. R. (152)

The ministers in our land need to become acquainted with the science of physiology. Then they will be intelligent in regard to the laws that govern physical life, and their bearings upon the health of mind and soul, then they will be able to speak correctly upon this subject. In their obedience to physical laws they are to hold forth the word of life to the people, and lead up higher and still higher to the work of reform. "P. C." (322) Jan. II. '97.

It is best for those who claim to be sons and daughters of God to avail themselves while they can of the opportunities presented to gain a knowledge of the human system, and how it may be preserved in health. . . . The Lord will not work a miracle to preserve any one in health who will not make an effort to obtain knowledge within his reach concerning this wonderful habitation God has given. By study of the human organism, we are to learn to correct what may be wrong in our habits, and which, if left uncorrected, would bring the sure result, disease and suffering, and make life a burden.--- Let the mind become intelligent, and the will be placed on the Lord's side, and there will be a wonderful improvement in the physical health. But this can never be accomplished in mere human strength. Med. Missionary. Vol. 2. p. 216.

In order to be fitted for translation, the people of God must know themselves. They must understand in regard to their own physical claims, that they may be able with the Psalmist to exclaim, "I will praise Thee, for I am fearfully and wonderfully made." E. T. Vol. I. p. 486.

-----NATURAL LAWS-----

He who hungers and thirsts after God, will seek for an understanding of the laws which the God of wisdom has impress upon creation. These laws are transcript of his character, they must control all who enter the Heavenly and better country. "P. C." (167). Essential Education.

God's law is written by his own finger upon every nerve, every muscle, every faculty which has been intrusted to man. "P. C." (244) Aug. 30, '96.

God in his wisdom, has established natural laws for the proper control of our dress, our appetites, and our passions, and he requires of us obedience in every particular. Review '83, No. 41.

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 our steps; if it is disobeyed, the result is danger and unhappiness. T. 32 p. 201.

Health, strength, and happiness, depend upon immutable laws; but these laws can not be obeyed where there is no anxiety to become acquainted with them. H. R. p. 7.

Knowledge of the laws by which health is secured and preserved is of pre-eminent importance. Signs '86, No. 33.

Indifference and ignorance in regard to the laws which govern our being are sins so common that we have learned to look upon them with undue tolerance. H. R. 215.

We have no right to wantonly violate a single principle of the laws of health. Review '84, No. 31.

God is greatly dishonored by the way in which man treats his organs, and he will not work a miracle to counteract a perverse violation of the laws of life and health. "P. C." 251 Aug. 30, '96.

Wherever the habits of the parents are contrary to physical law, the injur done to themselves will be repeated in future generations.

"P. C." (227) Jan. II. '97.

You should move out from principle, in harmony with natural laws, irrespective of feeling. T. Vol. p. 76.

To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message, to prepare a people for the coming of the Lord. T. Vol. 3. p. 161.

A flower of the field must have its feet in the soil; it must have air, dew, showers, and sunshine. It will flourish only as it receives these advantages, and all are from God. So with man.

Sp. T. Admonition. p. 31 (531)

God calls for reformers to stand in defence of the laws he has established to govern the human system, and to maintain an elevated standard in the training of the mind and the culture of the heart.

Sp. T. No. 3. p. 22. (184).

-----NATURAL LAW PART OF THE LAW OF GOD-----

The same law obtains in the spiritual ~~we~~ as in the natural world.

Mount of Blessing, 126.

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, inattentive action, any abuse put upon the wonderful mechanism, by disregard his specified laws of the human habitatin, is a violation of God's law.

"P. C. (329) Jan. II, '97.

This law embraces the treatment of the entire being (328) id.

God's law is written by his own finger upon every nerve, every muscle, every faculty which has been intrusted to man.

"P. C. (244) Aug. 30, '96.

God has formed to govern every part of our constitutions, and these laws which he has placed in our beings, are divine, and for every transgression there is a fixed penalty, which sooner or later must be realized.

Health Reformer 1866.

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.

T. Vol. 3, p. 164.

The laws governing the physical nature, are as truly as 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.

Letter to Dr. Kellogg. Aug. 5.

It is just as much sin to violate the laws of our being as to break on of the ten commandments, for we can not do either without breaking God's laws.

T. Vol. 2. pp. 70.

A violation of these laws is a violation of the immutable law of God, and the penalty will surely follow.

Review & Herald, '83, No. 41.

BLESSINGS FROM OBEYING NATURAL LAWS.

Those who understand something of the wisdom and beneficence of his laws and perceive the evidences of God's love, and the blessings that result from obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon the observance of the laws of health as a matter of sacrifice or selfdenial, they will regard it, as it really is an inestimable blessing.

Christian Temperance, p. _____

All our suffering or enjoyment may be traced to transgression or obedience of natural law.

T. Vol. 3, p. 161.

God, the creator of our bodies, has arraged every fiber and nerve and sinew, and muscel, and has pledged himself to keep the machinery in order, if the human agent will coöperate with him and refuse to work contrary to the laws which govern the human system.

"P. C." (234) Aug., 30, '96.

A careful conformity to the laws which God has implanted in our being will insure health, and there will not be breaking down of constitution.

Health Reformer 1866, p. 3.

God has pledged himself to keep this machinery in healthful action if the human agent will obey his laws, and co-operate with God.

"P. C." (329). Jan. II, 1897.

Every thou "shalt not", whether in physical or moral law contains or implies a promise. If it is obeyed, blessings will attend our steps.

T. 32, p. 231.

He requires them to obey natural law, to preserve physical health.

T. Vol. 3, p. 63.

If Christians will keep the body in subjection, and bring all their appetites and passions under the control of an enlightened conscience, feeling it a duty that they owe to God and to their neighbors to obey the laws which govern health and life, they will have the blessing of physical and mental vigor. They will have moral power to engage in the warfare against Satan; and in the name of him who conquered appetite in their behalf, they may be more than conquerors on their own account.

T. Vol. 4, p. 36.

If laborers who are now in the field had intelligently used their mental and physical powers, according to the laws of hygiene, they would not only would have been able able to become proficient branches of education, but would have been versed in different languages, and thus would have been qualified to become missionaries in foreign countries.

Youths Inst. May 31, '94.

The souls and bodies of people have been fast becoming a mass-corrupted mass of disease. This would not have been the case, if those who claim to believe the truth had lived out its sacred principles in their lives.

"P. C." (319) Jan II, '97.

If man had obeyed the laws of Jehovah in his natural laws, the image of God would have been revealed in him. (325) id.

CURSES FROM VIOLATING NATURAL LAW.

Proportionately as nature's laws are transgressed, mind and soul become enfeebled.

"P. C." (243) Aug. 30, '96.

When nature's laws are transgressed, physical suffering of every stripe and type, is seen;

"P. C." (244) Id.

Suffering must follow discourse of action. The vital force of the system can not bear up under the tax placed upon it, and it finally breaks down. "P.

"P. C." (251) id.

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 a result of a violation of Nature's laws.

"P. C." (244) Aug. 30 , '96.

Sickness is caused by violating the laws of health; it is the result of violating nature's law.

T. Vol 3, 164.

The gloom and despondency supposed to be the result of obedience to God's moral law, is often attributable to disregard of physical laws.

Signs of Times '85, No. 42.

Everything that conflicts with natural law creates a diseased condition of the soul.

Review & Herald '81, No. 4.

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.

T. Vol. 3. p. 140.

Satan knows that he can not overcome man unless he can control his will. He can do this by deceiving men so they he will co-operate with him in transgressing the law of nature, in eating and drinking, which is transgression of the law of God.

"P. C." (327) Jan. 11, '97.

And these results which he has through his specious temptations brought about he uses to taunt God with. He presents before God the

II.

appearance of the human being whom Christ has purchased as his property. And what an unsightly representation of his maker. God is dishonored, because man has corrupted his ways before th Lord.

"P. C. (329) Jan. II, '97.

NATURAL LAW, HOW VIOLATED.

To needlessly transgress the laws of our being is a vilocation of the law of God.

T. Vol. 2. p. 538.

If we injure unnecessarily our constitutions, we dishonor God, for we transgress the laws of our being.

Health Reformer, P. 10.

If appetite, which should be strictly guarded and controled, is indulged to the injury of the body, the penalty of transgression will surely be the result.

"P. C. ". (234) Aug. 30, '86.

Every careless, inattentive action, any abuse put upon the Lord's machanism, by disregarding his specified laws in the human habitation, is a violation of God's law.

"P. C." (329) Jan. II, '97.

Intemperence of any kind is a violation of the laws of our being.

Health Reformer, 73.

The laws of our being can not be more successfully violated than crowding upon the stomach unhealthful food, because craved by morbid appetite.

How to Live No. I. p. 52.

Eating merely to please the appetite is a transgression of Nature's laws.

"P. C." (246) Aug. 30, '96.

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, they 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.

Health Reformer, 7.

-----HEALTH-----

The health should be as sacredly guarded as the character.

Christian Temperance, p. 63.

God gives our physical, mental and moral powers to use in his service.

Health Reformer, 153.

The more perfect our health, the more perfect will be our labor.

T. Vol. 3, p. 13.

The importance of the health of the body is to be taught as a Bible requirement.

"P. C." (244) Aug. 30, '96.

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 clearly comprehend heavenly things.

T. Vol. 2. p. 522.

The 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 & Herald, 1884, No. 39.

Perfect health depends upon perfect circulation.

T. Vol. 2, p. 631.

The health of the entire system depends upon the healthy action of the respiratory organs.

How to Live, Chp. 6, p. 57.

If we would have health we must live for it.

Health Reformer, 231.

Will can ill afford to dwarf or cripple a single function of mind or body by over work, or by abuse of any part of the living machinery.

Review & Herald, 1884, No. 39.

When we do all we can our part to have health, and ~~make~~, then may we expect that the blessed results will follow, and we ask God in faith to bless our efforts for the preservation of health. He will then answer our prayers, if his name can be glorified thereby, but let all understand that they have a work to do. God will not in a miraculous manner to preserve the health of persons who are taking a sure course to ~~make~~ make themselves sick.

How to Live Chap. 4, P. 64.

A careful conformity to the laws God has implanted in our beings will insure health, and there will not be a breaking down of the constitution.

Health Reformer, 66, "3"

Many have enquired of me, what course shall I take to best preserve my health? My answer is, cease to transgress the laws of your being; cease to gratify a depraved appetite, eat simple food, dress healthfully, which will require modest simplicity, work healthfully, and you will not be sick-- Many are suffering in consequence of the transgression of their parents. They can not be censured for their parent's sins, but is nevertheless their duty to ascertain wherein their parents violated the laws of their being,- and where in their parents habits were wrong, they should change their course, and place themselves by correct habits in a better relation to health.

Health Reformer 66, "2"

God has pledged himself to keep this machinery in healthful action if the human agent will obey his laws and co-operate with God.

"P. C." (329) Jan. 11., '87.

-----HEALTH REFORM-----

The Lord has given his people a message in regard to healthreform. This light has been shining upon their pathway for thirty years----- Can he be pleased when half the workers laboring in a place, teach that the principles of health reform are as closely allied as the third angel's message as the arm is to the body, while their co-workers, by their practice, teach principles that are entirely opposite- Testimony after testimony has been given, which should have brought about great reforms.-----The light which God has given upon healthreform can not be trifled with, without injury to those who attempt it; and no man can hope to succeed in the work of God while by precept and example, he acts in opposition to the light which God has sent.

Sp. T. For Min. & Workers. No7.

p. 40, 41. (599, 600)

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Sp. T. For Min. & Workers. No7.
p. 40, 41. (599, 600)

This work we begin to comprehend better- the light given years ago, that health reform principles, would be an entering wedge to be followed by a religious influence. "San." 49 91. November 19, '95.

Your interest and effort are to be given, not to the health question alone, but to making known the truths for these lasttimes, truths that are deciding the destiny of souls. "

"P. C." (115) May 27, '96.

Changes are not always reforms for the better.

"P. C." (151)

There is real common sense in health reform.

Christian Temperance. p. 57.

You know that the principles of health reform have the highest authority, and a wider sphere than has yet been given them, by many who profess present truth.

P. C. (267) Nov. 8, '96.

The Lord does not give light on health reform, that it may be disregarded by those who are in positions of influence, and authority. The Lord means just what he says, and he is to be honored in what he says.

"P. C." (268) Nov. 8, '96.

But there are those who have held the people back by their indifferent or depreciatory remarks, and their supposed pleasantries and jokes- had all walked unitedly in the light, from the time the light was first given on the subject there would have been an army of sensible arguments employed to vindicate the work of God. But it has been by most aggressive
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that any advance has been made. . . .

The ministers of our land should become intelligent upon health reform.

"P. C." (318- 321) Jan. 11, '97.

There is need to educate the people in right habits of living.

"P. C." (253) Aug. 30, '96.

A reform is needed which will go deeper, and be more thorough.

"P. C." (254) Aug. 30, '96.

Blindness mingled 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.

"P. C." (275). Nov. 5, '96.

Many have misinterpreted health reform, and have received perverted ideas of what constitutes right living.

Youth. Inst. May 31, '94.

Natures path is the road he marks out, and is broad enough for any Christian.

T. Vol. 3, p. 63.

Health reformers, above all others, should be careful to shun extremes.

T. Vol. 2, p. 538.

All are bound by the most sacred obligations to God to heed the sound philosophy and genuine experience which he is now giving them in regard to health reform. He designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate.

T. Vol. 3, P. 162.

Do not catch hold of isolated ideas and make them a test, criticising others whose practice may not agree with your opinion; but study the subject broadly and deeply.

Christian Temperance, 119, 120.

The lack of stability in regard to the principles of health reform, is a true index of their character, and their spiritual strength.

T. Vol. 2, p. 487.

When we adopt the health reform, we should adopt it from a sense of duty, not because somebody else has adopted it.

T. Vol. 2, p. 371.

In reforms we would better come one step short of the mark than to go one step beyond it, and if there is error at all, let it be on the side next to the people- we must go no faster than we can take those with us whose consciences and intellects are convinced of the truths we advocate. We must meet the people where they are.-- But we should be very cautious not to advance too fast lest we be obliged to retarce our steps. --- If we come to persons who have not been enlightened in regard to health reform, and present our strongest positions at first, there is danger of their becoming discouraged as they see how much they have to give up, so that they will make no effort to reform. We must lead the people along patiently and gradually, remembering the whole of the pit from which we were digged.

T. Vol. 3, p. 20, 21.

The greatest objection to health reform is that this people do not live it out.

T. Vol. 2, P. 486.

Guilt rests upon us as a people who have had much light, because we have not appreciated it or improved the light given upon health reform.- This not a matter to be trifled with, to be passed off with a jest.

Medical, Missionary, '92, 216.

RELATION OF HEALTH REFORM TO THE MESSAGE AND CLOSING WORK.

Health reform principles would be an entering wedge to be followed by a religious influence. To evoke the words of John, "Behold the Lamb of God that taketh away the sins of the world"

"San." '91, June 19, '95.

In the time of confusion and trouble, such as never was as there was a nation, the uplifted Saviour will be presented to the people in all lands and in all places, that all who look may live.

Spe. T. Matters In B. C. p. 7.

The need of healthful habits is a part of the gospel which must be presented to the people by those who hold forth the word of life.

"P. C." (244) Aug. 30, '95.

Take the living principles of health reform into communities that to a large degree are ignorant as to what they should do.

Spe. T. No. 5. p. 5.

The health reform, I was shown, is a part of the third angel's message, and is just as closely connected with it as the arm and hand with the body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God's people are not prepared for the loud cry of the third angel, they have a work to do for themselves, which they should not leave for God to do for them. It is an individual work; one can not do it for another. T. Vol. I, p 486

You have stumbled at the health reform. It appears to you to be a needless appendix to the truth. It is not so; it is a part of the truth.

T. Vol. I, p. 546.

Its place is among those subject which set forth the preparatory work to meet the events brought to view by the message; among these it is prominent.

T. Vol. I, p. 559.

The presentation of health principles must be united with this message, but must not be independent of it or in any way take the place of it.

"P. G." (112) May 27, '96.

This branch of the Lord's work has not received due attention, and through this neglect much has been lost.

Christian Temperance, P. 121.

Much of the prejudice that prevents the truth of the third angel's message from reaching the hearts of the people, might be removed if more attention was given to health reform. When people become interested in this subject, the way is often prepared for the entrance of other truths.

Christian Temperance, P. 121.

Those who proclaim the message should teach health reform also----- Satan and his agents are seeking to hinder this work of reform, and will do all they can to perplex and burden those who heartily engage in it.

Christian Temperance, p. 12.

To make plain natural law and urge the obedience of it, is the work that accompanies the third angel's message, to prepare a people for the coming of the Lord.

T. Vol. 3, p. 161.

Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body.

Christian Temperance, p. 120.

He who cherishes the light which God has given him from health reform as an important aid in the work of becoming sanctified through the truth, and fitted for immortality.

Christian Temperance, p. 10.

God requires all who believe the truth to make special, persevering efforts to place themselves in the best possible condition of bodily health, for solemn and important work is before us. Health of body and mind is required for this work; it is as essential to a healthy religious experience, to advancement in the Christian life, and progress in holiness, as the hand or foot to the human body.

T. Vol. I, p. 619.

HEALTH REFORM AND SPIRITUALITY.

Satan knows that he can not overcome man unless he can control his will. He can do this by deceiving man so that he will co-operate with him in transgressing the laws of nature.

"P. C." (327) Jan II, '97.

The principles of health reform, right or wrong, which are adopted by him who gives the word of God to others, will have a moulding influence upon his work, and upon those with whom he labors. If his principles are wrong, he can and will misrepresent the truth to others; if he accepts the truth, which appeals to reason rather than to perverted appetite, his influence for the right will be decided. Spc. T. No. 7. p. 41.

One reason why we do not enjoy more of the blessing of the Lord is, we do not heed the light which he has been pleased to give us in regard to the laws of life and health.

Review & Herald, '88, No. 19.

The lack of stability in regard to the principles of health reform, is a true index of their character and their spiritual strength.

T. Vol. 2, P. 487.

Is not possible for us to glorify God while living in violation of the laws of life.

Health Reformer, 74.

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.

T. Vol. 2, P. 522.

A LIVING SACRIFICE:- A diseased body causes a disordered brain and hinders the work of sanctifying grace upon the mind and heart.

Health Reformer, p. 6.

It should ever be kept prominent that the great object to be attained through this channel is not only health, but perfection and the spirit of holiness, which can not be attained with diseased bodies and minds. This object can not be secured by working merely from the worldling's standpoint.

T. Vol. p. 454.

If man would cherish the light that God in mercy gives him upon health reform, he may be sanctified through the truth, and fitted for immortality.

V. Vol. 3, p. 162.

If Christians - ----- obey the laws which govern health and life, they will have the blessing of physical and mental vigor. They will have moral power to engage in a warfare against Satan; and in the name of him who conquered appetite in their behalf, they may be more than conquerors on their own account.

T. VOLL 4, p. 535-536.

The character and efficiency of the work depend largely on the physical condition of the workers. -- And many a sermon has received a dark shadow from the ministers indigestion. Health is an inestimable blessing, and one which is more closely related to conscience and religion than many realize.

G. W. p. 175.

In order to render to God more perfect service, we must have clear conceptions of his will. This will require us to use only healthful food, prepared in a simple manner, that the fine nerves of the brain be not injured, making it impossible for us to discern the value of the atonement, and the priceless worth of the cleansing blood of Christ.

Review & Herald 1880, No. 12.

If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual power, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ; you will not make those earnest, self-sacrificing efforts for entire conformity, to the will of God, which his word requires, and which are necessary to give you a moral fitness for the finishing touch of immortality.

T. Vol. 2. p. 166.

In order to live a perfect life, we must live in harmony with those natural laws which governs his being.

T. Vol. 3. p. 165.

If our physical habits are not right, our mental and moral powers cannot be strong; for great sympathy exists between the physical and the moral.--Habits which lower the standard of physical health, enfeeble mental and moral strength.

T. Vol. 3. p. 50, 51.

That which darkens and dinges the skin also clouds the spirits and destroyed the cheerfulness and peace of mind.-- Every wrong habit which injures the health of the body, reacts an effect upon the mind.

Health Reformer. p. 216.

These things which fret and derange the stomach will have a benumbing influence upon the finer feelings of the heart.

T. Vol. 2. p. 537.

Conscientious and right principles of life should be sustained by firm, quiet nerves, a healthful circulation, and the activity in

In how much higher degree we can render service to God in the vigor of health, than when palsied by disease.

Health Reformer. p. 7.

The gloom and despondency supposed to be the result of obedience to God's moral law, is often attributable to disregard of physical law. Those whose moral faculties are beclouded by disease are not the ones to rightly represent the Christian, show forth the joys of salvation or the beauties of holiness. They are too often in the fire of fanaticism, or the water of cold indifference, or stolid gloom.

Signs No. 42, 1885.

Unless they practice true temperance, they will not, they cannot, be susceptible to the sanctifying influence of the truth.

Christian Temperance. p. 117.

Eating, drinking, and dressing, all have a direct bearing on our spiritual advancement.

Youth's Instructor. May 31, '94.

By indulging in a wrong course of action in eating and drinking, thousands upon thousands are ruining their health, and not only is their health ruined, but their morals are corrupted, because diseased blood flows through their veins.

"P. C." (248) Aug. 30, '96.

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.

T. Vol. 3. p. 310.

Excessive eating of 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 & Herald No. 81. '84.

Irregularity in eating and drinking, and improper dressing, depraves the mind and corrupts the heart, and brings the noble attributes of the soul in slavery to the animal passions.

Health Reformer. p. 12.

If those who profess to be Christians desire to solve the question so perplexing to them, why their minds are so dull, why their religious aspirations are so feeble, they need not, in many instances, go farther than the table; here is cause enough, if there were no other.

Christian Temperance. p. 83.

A religious life can be more successfully gained and maintained, if meat is discarded; for this diet stimulates into intense activity, lustful propensities, and infebles the spiritual and moral nature.

"P. C. (274) Nov. 3. 1896.

Children reared in this way are much more easily controlled than those who are indulged in eating everything their appetite craves, and at all times. They are usually cheerful, contented, and healthy. Even the most stubborn, passionate, wayward, have become submissive, patient, and possessed of self-control by persistently following up this order

of diet, united with a firm but kind management in regard to other matters.

Health Reformer 129.

THE RELATION OF THE MIND TO THE BODY

But few realize the power the mind has over the body.

T. Vol. 3. 184.

The sympathy which exists between the mind and the body is very great, when one is affected the other responds.

T. Vol. 4. p 60.

The burden of sin, with its unrest and unsatisfied desires, lies at the very foundation of a large share of the maladies the sinner suffers

T. Vol. 4. p.579.

Sickness of the mind prevales everywhere, nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution, and unbalances the mind.

T. 32, p. 200.

The assurance of God's approval will promote physical health. It fortifies the soul against doubt, perplexity, and excessive grief, that so often sap the vital forces and induce nervous diseases of a most debilitating and distressing character.

Review & Herald No. 85 '83.

We should encourage a cheerful, hopeful, peaceful frame of mind; for our health depends upon so doing.

J. B. P. 13

The consciousness of right doing, is the best medicine for diseased bodies and minds. He who is at peace with God has secured the most important requisit to health. The blessing of the Lord is life to the receiver.

Signs '82, No. 23.

That which brings sickness of body and mind to nearly all is dissatisfied feelings and discontented repinings.

T. Vol. I. p. 566.

Nothing is so fruitful a cause of disease as depression, gloominess, and sadness. Mental depression is terrible.

T. Vol. I. p. 702.

Heart sickness makes many dyspeptics, for mental trouble has a paralyzing influence upon the digestive organs.

T. Vol. 3. p. 164.

If you- The less the attention is called to the stomach after meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will.

T. Vol. 2. p. 530.

You have a determined will, which cause the mind to react upon the body, unbalancing the circulation, and producing congestion in certain organs; and you are sacrificing health to your feelings.-- And yet you are capable of controlling your imagination, and overcoming these nervous attacks.

T. 32. p. 66.

The nerves control the circulation of the blood; therefore the blood is, through the impression of the mind, confined to the blood-vessels, and the good effects of the bath are lost. All this is because the blood is prevented by the mind and will from flowing readily,

and from coming to the surface to stimulate, arouse, and promote the circulation. For instance, you are impressed that if you bathe you will become chilly. The brain sends this intelligence to the nerves of the body, and the blood vessels, held in obedience to your will, can not perform their office and cause a reaction after the bath.

T. Vol. 3. p. 70.

If work is performed without the heart being in it, it is simply drudgery, and the benefit which should result from the exercise is not gained.

Health Reformer 45.

VIGOR AND VITALITY.

GENERAL STATEMENTS:- God has provided us with constitutional force, which will be needed at different periods of our life. If we recklessly exhaust this force by continual over taxation, we shall sometime be losers. Our usefulness will be lessened, if not our life itself be destroyed.

Christian Temperance. p. 65.

God has endowed man with so great vital force, that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years. This fact of itself is enough to evidence to us. The strength and electrical energy that God gave to man at his creation----- If Adam, at his creation, had not been endowed with twenty times as much vital force as men now have, the race, with their present habits of living in violation of natural law, would have become extinct.

T. Vol. 3. 138, 139.

CONDITIONS CONDUCIVE TO----

Exercise:- Neither are they willing to wait the slow process of nature to build up the over taxed energies of the system.

How to Live 3: 60.

Useful employment would bring into exercise the enfeebled muscles, and would enliven the stagnate blood in the system- And the entire system invigorated to overcome bad conditions.

Health Reform er. 240.

If physical exercise were combined with mental exertion, the blood would be quickened in its circulation, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be experienced in every part of the body.

T. Vol. 3. p. 490.

If invalids would recover health they should not discontinue physical exercise.- There will be increased vitality, which is so necessary to health.

T. Vol. 2. p. 529.

Pure Air:- They are deprived, in a great measure, of aid, which will invigorate them, and give them energy and vitality.

T. Vol. 2 p. 553.

Sleep:-- Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated.

Solemn Appeal. p. 62.

Bathing:- Bathing helps the bowels, stomach, and liver, giving energy and new life to each.

T. Vol. 3. p. 70.

Power of the mind:- The later class do not exercise the mind, their muscles are exercised, while their brains are robbed of intellectual strength; just as the minds of thinking men are worked, while their bodies are robbed of strength and vigor by their neglect to exercise the muscles. Those who are content their lives to physical labor, and leave others to do the thinking for them, while they simply carry out what other brains have planned, will have strength of muscle, but feeble intellect. -- This class fall more readily if attacked with disease, because the system is vitalized by the electrical force of the brain to resist disease.

T. Vol. 3. p. 157.

Bring to your aid the power of the will, which will resist cold, and will give energy to the nervous system.

T. Vol. 2. P. 533.

CONDITIONS UNFAVORABLE TO:-

Over-Work:- Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them to rest, are never gainers, they are living on borrowed capital. They are expending the vital force which they will need at a future time. And when the energies which they have so recklessly used is demanded, they fail for want of it. --- If all the hours of the day are well improved, the work extended into the evening is so much extra, and the overtaxed system will suffer from the burden imposed upon it. I have been shown that those who do this, often loose much more than they gain, for their energies are exhausted, and they labor on nervous excitement. They may not realize any immeditated injury, but they are surely undermining their constitution.

Christian Temperance. p. 65.

Impure Air. The effects of 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, for the whole system is enervated.

T. Vol. I. p. 302, 703.

~~Disturbed Mind~~
Disturbed Mind: -Doubt, perplexity, and excessive grief- often sap the ~~vital forces~~
sap the vital forces and induce nervous diseases of a most debilitating and distressing character.

Review & Herald '83, No. 41.

Those who are excited, and anxious, and in a hurry, would do well not to eat, until they have found rest or relief; for the vital power already severely taxed, cannot supply the necessary supply of gastric juice.

Review & Herald '84, No. 31.

Errors in Diet. Unhealthful habits of eating is claiming ~~claiming~~ thousands and tens of thousands. Food should be thoroughly cooked, nicely prepared, and appetizing.

"P. C. 273. Nov. 5. '96.

I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature of the stomach, before the work of digestion can be carried on.

T. Vol. 2. p. 603.

They eat improperly, and this calls their nervous energies to the stomach and they have no vitality to depend in other directions.

T. Vol. 2. 365.

The digestive organs, like a mill which is continually kept running, become enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened. The unnatural stimulation and wear of the vital forces make them nervous, impatient of restraint, self-willed, and irritable.

Health Reformer. 129.

They closely apply their minds to books, and eat the allowance of a laboring man. Under such habits, some grow corpulent, because the system is clogged. Others become lean, feeble, and weak, because their vital power is exhausted in throwing off the excess of food.

T. Vol. 3. p. 499.

This is the way you treat the stomach. It is thoroughly exhausted, but instead of letting it rest, you give it more food, and then call the vitality from other parts of the system to the stomach to assist in the work of digestion.

T. Vol. 2. p. 363.

The poor tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion, again to perform the same round of labor through the sleeping hours---- There is a sense of languor and loss of appetite, a lack of energy is felt through the entire system.

How to Live p. 155.

And what influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease with all its train of evils, is brought on as the result. If persons were diseased before, they thus increase the difficulties upon them, and lessen their vitality every day they live. They call their vital powers

into unnecessary action to take care of the food that they place in their stomach.

T. Vol. 2. p. 364.

Those who are excited, anxious, so in a great hurry, would do well not to eat until they have found rest or relief, for the vital powers, already severely taxed, cannot supply the necessary gastric juice.

Review & Herald '84, No. 31.

Improper Clothing. She should not call vitality unnecessarily to the surface to supply the want of sufficient clothing.

Vol. 2. p. 382.

Rearing Children:-Every where you may look, you will see pale, sickly, care worn, broken-down, dispirited, discouraged women. They are generally over worked, and their vital energies exhausted by frequent child bearing.

How to Live . 231.

Unsuitable Marriages. - It is frequently the case that old men choose to marry young wives. By thus doing the life of the husband has often been prolonged, while the wife has had to feel the want of that vitality which she has imparted to her aged husband.

How to Live p. 229.

Children who are robbed of that vitality which they should have inherited of their parents should have the utmost care.

How to Live 239.

Vice:- Secret indulgence is, in many cases, the only real cause of the numerous complaints of the young. This vice is laying waste the vital forces, and debilitating the system.

Solemn Appeal. P. 57, 58.

DRUGS :-

Sick people who take these drugged poisons do appear to get well

With some, there is sufficient life force for nature to draw upon, to so far expell the poison from the system, that the sick, having a period of rest, recover.

How to Live 350.

And then when nature has been overborne, enfeebled in all her working force, there is the drug medication to come from the physician, to kill the remaining vital force and leave men miserable wrecks of suffering, of imbecility, of insanity, and of loathsome disease.

P. C. (325) Jan II, '97.

DISEASE AND PROVIDENCE.

The violations of physical law and the consequence, human suffering, have so long prevailed that men and women look upon the present state of sickness, suffering, debility, and premature death as the appointed lot of humanity.

T. Vol. 3. p. 139.

Many persons complain of Providence because of the discomfort and inconvenience which they suffer, when this is the sure result of their own course. They seem to feel that they are ill treated of God, when they themselves are alone responsible for the ill which they endure.

Review & Herald '83, No. 41.

Are these ills visited upon the race through God's providence? No, they exist because the people have gone contrary to his providence, and still continue to rashly disregard his laws.

Review & Herald, No. 34. '81.

The souls and bodies of people have fast becoming corrupted, a mass of disease. This would not have been the case, if those who had claimed to believe the truth had lived out its sacred principles in their lives.

P. C. (319) Jan II, '97.

There is a divinely appointed connection between sin and disease.

--Sin and disease bear to each other the relation of cause and effect.

The course professed Christians generally pursue, in following fashion irrespective of health and life, brings upon the, a train of evils, which they charge back upon providence, and place arguments in the mouths of infidels, wherewith to assail Christianity.

Health Reformer 165.

XX

When standing by the graves of their children, the afflicted parents look upon their bereavement as a special dispensation of Providence, when by inexcusable ignorance, their own course has destroyed the lives of their children. To then charge their debt to Providence, is blasphemy.

T. Vol. 3. p. 136.

Mothers do not charge the result of your, cruel work to Providence.

Health Reformer 165.

Sickness and premature death, do not come without a cause.

How to Live 4: 61.

They should not charge the result of their own sinful course upon our gracious and merciful Heavenly Father, he doeth not willingly afflict or grieve the children of men.

Health Reformer p. 38.

God is not responsible for the suffering which follows the non conformity to natural law and moral obligations to him.

Health Reformer. p. 10.

And yet mothers are slow to learn that the sufferings of her children is the result of their own course. They do not become intelligent upon the subject of how to live to prevent disease and premature death. What a thought? Mothers are the murderers of their own children, and are mourning over their death, and are trying hard to be reconciled to Providence which they think has bereaved them. H. Ref. p. 38.

----- --DISEASE AND RELIGION-----

A diseased body affects the brain. With the mind we serve the Lord.

Facts of Faith. p. 146.

All should guard the senses, lest Satan gain victory over them; for these are the avenues to the soul.

T. Vol. 3. p. 507.

The brain nerves which communicate to the entire system are the only mediums 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.

T. Vol. 2. p. 347.

In consequence of the brain being congested its nerves lose their healthy action, and take on morbid conditions, making it almost impossible to arouse the moral sensibilities.

Health Reformer. p. II.

The children of God cannot glorify him with sickly bodies or dwarfed minds.

Christian Temperance p. 543.

It should ever be kept prominent that the great object to be attained through this channel is not only health, but perfection and the spirit of holiness, which cannot be attained with diseased bodies and minds.

T. Vol. I. p. 554.

Mental and moral power is dependant upon the physical health.

Health Reformer 14.

Physical and moral health are closely united.

How to Live 2: 32.

Those whose moral faculties are beclouded with by disease are not the ones to rightly represent the Christian life, to show forth the joys of salvation or the beauties of holiness. They are too often in the fire of fanaticism or the water of cold indifference or stolid.

Signs of Times '85, No. 42.

The souls and bodies of the people have been fast becoming corrupted, a mass of disease. This would not have been the case, if those who claim to believe the truth had lived out its sacred principles in their lives. P.

P. C. p. 319. Jan II, '97.

-----HEREDITY-----

DUTY OF PARENTS:- In past generations, if mothers had informed themselves in regard to the laws of their being, they would have understood that their constitutional strength, as well as the tone of their morals, and their mental faculties, would in a great measure be represented in their offspring.

How to Live 2: 37.

B--- Should not have committed so great a crime as to, bring into being children that reason has taught him would be diseased, because they must receive a miserable legacy from their parents.

T. Vol. 2. p. 379.

As a rule, every intemperate man who rears children, transmits his inclinations and evil tendencies to his off-spring; he gives them disease from his own inflamed and corrupted blood. Lientiousness, disease, and imbecility are transmitted as an inheritance of woe from father to son, and from generation to generation, and this brings anguish and suffering into the world.

T. Vol. 4. p. 30.

But parents not only sin against themselves in swallowing drug poisons, but they sin against their children. The vitiated state of their blood, the poison distributed throughout the system, the broken constitution, and various drug diseases, as the result of drug poisons, are transmitted to their offspring and left them a wretched inheritance, which is another great cause of the degeneracy of the race.

How to Live 3: 50.

Children ~~are~~ born to parents who are controlled by corrupt passions, are worthless. What can be expected of such children, but that they will sink lower in the scale than their parents? What can be expected of the rising generation? Thousands are devoid of principle. These very ones are transmitting to their offspring their own miserable, corrupt passions. What a legacy? Thousands drag out their unprincipled lives, tainting their associates, and perpetuating their debased passions, by transmitting them to their children.

T. Vol. 2. p. 351, 352.

You have transmitted to your children a miserable legacy; a depraved nature rendered still more depraved by your gross habits of eating and drinking.

T. Vol. 2. p. 62.

MENTAL AND MORAL AFFECT UPON THE OFFSPRING;- Tobacco and liquor stupify and defile the youth. But the evil does not stop here. He transmits irritable tempers, polluted blood, enfeebled intellects, and weak morals to his children.

T. Vol. 4. p. 31.

Those who have indulged the appetite for these stimulants have transmitted their depraved appetites and passions to their children.

T. Vol. 3. p. 488.

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.

T. Vol. 4. p. 30.

Parents who freely use wine and liquor leave to their children the legacy of a feeble constitution, mental and moral debility, unnatural appetite, irritable temper, and an inclination to vice. ---The child of the drunkard or the tobacco inebriate usually have the depraved appetites and passions of the father intensified, and at the same time inherits less of his self-control, and strength of mind.

Health Reformer 94.

Disease Transmitted to Offspring.:- Parents leave malady as a legacy to their children.

T. Vol. 4. p. 30.

Many women never should have become mothers. Their blood was filled with scrofula, transmitted to them through their parents, and increased by their gross manner of living.

How to Live. 2: 37.

Very many children are born with their blood tainted with scrofula through the wrong habits of the mother in her eating and dressing. Health

Health Reformer. p. 16.

These fashionably dressed women can not transmit good constitutions to their children.---Wasp waists may have been transmitted to them from their mothers as the result of their sinful practice of tight lacing, and in consequence of imperfect breathing. Poor children born of these miserable slaves of fashion have diminished vitality, and are predisposed to take on disease.

Health Reformer 16.

The impurities retained in the system in consequence of improper breathing are transmitted to their offspring.

Health Reformer p. 16.

If the mother is deprived of an abundance of wholesome, nutritious food, she will lack in quality and quantity of blood. Her circulation will be poor, and her child will lack in the very same things.

T. Vol. 2. p. 382.

Her children were born with feeble digestive powers and impoverished blood. From the food the mother was compelled to receive, she could not furnish a good quality of blood, and therefore the birth to children ended with humors.

T. Vol. 2p. 378.

Disease has been transmitted to your offspring, and the free use of flesh meats has increased the difficulty. The eating of pork has aroused and strengthened the most deadly humor that was in the system. your offspring are robbed of vitality before they are born.

T. Vol. 2. 94.

TENDENCIES TO DISEASE.

GENERAL STATEMENT:- Disease never comes without a cause. The way is first prepared, and disease invited by disregarding the laws of health.

How to Live 5: 70.

INDUCED BY:-

Impure Air:- The effects produced by living in close, illventilated rooms are these: The system becomes weak and unhealthy, the circulation is depressed, the blood moves sluggishly through the system be-

cause 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---The system is peculiarly sensitive to the influence of cold. A slight exposure produces serious diseases.

T. Vol. I. p. 702, 703.

Improper Diet:-Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then disease of various kinds occurs.

Facts of Faith p. 133.

The liability to take disease is increased ten-fold by meat eating.

T. Vol. 2. p. 64.

The eating of flesh meats have made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks of disease, and to sudden death, because you do not possess the strength of constitution to rally and resist disease.

T. Vol. 2. p. 61.

Feeding on flesh, the juices and fluids of what we eat, pass into the circulation of our blood, and as we are composed of what we eat, we become animalized. Thus a feverish condition is created, because the animals are diseased, and by partaking of their flesh, we plant the seeds of disease, in our own tissue and blood. Then, when exposed to the changes in a malarious atmosphere, these are more sensebly felt. Also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the disease.

P. C. (275) Nov. 5, '96.

The eating of pork has aroused and strengthened a most deadly humor which is in the system.

T. Vol. 2, p. 94.

Drugs:- Drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease.

T. No. 32, p. 67. (Vol. 5, 67.)

Liquor: A tendency to disease of various kinds, as dropsy, liver complaint, trembling nerves, and a determination of the blood to the head, results from a habitual use of sour cider. By its use, many bring upon themselves permanent disease. Some die of consumption or fall under the power of apoplexy from this cause alone. Some suffer from dyspepsia. Every vital function refuses to act and the physicians tell them that they have liver complaint.

Review & Herald 1864, No. 13.

Lack of Mental Development:- There is another class whose highest aim in life is physical labor. The latter class do not exercise the mind. Their muscles are exercised, while their brains are robbed of intellectual strength. This class fall more readily if attacked by disease, because the system is vitalized by the electrical force of the brain to resist disease.

T. Vol. 3, p. 157.

VICE:- This vice is laying waste the constitution of very many, and preparing them for disease of almost every description.

Solemn Appeal, p. 53.

CAUSERS OF DISEASE.

GENERAL STATEMENT:- Satan is the originator of disease.

Test. 32, p. 200.

There is a divinely appointed connection between sin and disease...
Sin and disease bear to each other the relation of cause and effect.

T. 32, 200.

Disease never comes without a cause. The way is first prepared,
and disease invited by disregarding the laws of health.

How to Live 5, p. 70.

Sickness is caused by violating the laws of health.

T. Vol. 3, p. 164.

The majority of diseases which the human family have been and are
still suffering under, have been created by ignorance of their own or-
ganic law.

Health Reformer, '66, p. 36.

The course parents generally pursue toward their children while
they are in their teens is doing more to, undermine their constitutions
than any other thing, and when the course is followed by the sure result,
dyspepsia with its train of evils, and consumption is sapping away their
life forces, the parents bewail the "dispensation of Providence in rob-
bing their children of health and life."

How to Live .

Hereditary:- Through disease transmitted to them through their
parents, and an erroneous education in youth, they have imbibed wrong
habits, injuring the constitution, affecting the brain, causing the
morant organs to be-come diseased, making it impossible for them to
think and act rationally upon all points.

Review & Herald 1860, No. II.

Many are suffering in consequence of the transgressions of their parents; they cannot be censured for their parents sins, but it is nevertheless their duty to ascertain wherein their parents violated the laws of their being---And wherein their parents habits were wrong, they should change their course, and place themselves, by correct habits, in a better relation to health.

Health Reformer '66, No. 2.

Her children were born with feeble digestive powers and impoverished blood.

T. Vol. 2, p. 378.

Unhygienic Surroundings:- Filth is a breeder of disease.

Review & Herald '96, No. 5.

A neglect of cleanliness will induce disease--- Stuborn fevers and violent diseases have prevailed in neighborhoods, and towns, that had formerly had been considered healthy, and some have died, while others have been left with broken constitutions to be crippled with disease for life. In many instances their own yards contain the agent of destruction, which sent forth deadly poison into the atmosphere, to be inhaled by the family, and the neighborhood.

How to Live p. 61.

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of the things. There is constantly arising from these decayed substances an affluvia that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by the decaying substances.

How to Live 4: 61.

If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.

How to Live 4: 64.

IN DOOR-LIFE:- It is close confinement in doors that makes women pale and feeble, and resulting in premature death.

Health Reformer. 175.

Schools:- The school-room the foundation has been too surely laid for diseases of various kinds. School-rooms generally have not been constructed in reference to health, but in regard to cheapness.-- It is destructive to the health and life of young children for them to sit in the school-room, upon hard ill-formed benches, from three to five hours a day, inhaling the impure air caused by many breaths. The weak lungs become affected, the brain, from which the nervous energy of the whole system is derived, becomes enfeebled by being called into active exercises before the strength of the mental organs is sufficiently matured to endure fatigue.

How to Live 2: 43.

Impure Air:- Air is the free blessing of heaven-- without it the system will be filled with disease and become dormant, languid, feeble. ---The effects produced by living in close ill ventilated rooms are these: the system becomes weak and unhealthy--and fevers and other acute diseases are liable to be generated-- a slight exposure produces serious disease.

T. Vol. I. p. 701-703.

Imperfect Breathing:- Stomach, liver, lungs, and brain are suffering for want of deep, full inspirations of air.

T. Vol. 2; p. 67.

Damp Rooms:- Rooms that are not exposed to light and air become damp.---Various diseases have been brought on by sleeping in these fashionable health destroying departments.

How to Live: 62.

Exposure to Cold:- When we over tax our strength, and become exhausted, we are liable to take cold, and at such times there is danger of disease assuming a dangerous form.

T. Vol. 3; p.13.

Poor Circulation:- The chief if not the only reason why many become invalids is that the blood does not circulate through them, and the changes in the vital fluid, which are necessary to life and health, do not take place.

T. Vol. 2; p. 625.

Clothing:- The fashionable style of womens dress is one of the greatest causes of all these terrible diseases.

Health Reformer 221.

More die as the result of following fashion than from all other causes.

Health Reformer 165.

Women ~~are~~ especially are the victims of various maladies which might be lessened, if not entirely prevented, by right habits of life. Half their sufferings may be attributed to their manner of dress, and the insane desire to conform to the fashions of the world.

Health Reformer 215.

In order to follow the fashions, mothers dress their children with limbs nearly naked; and the blood is chilled back from its natural course and thrown upon the internal organs, breaking up the circulation and producing disease.

T. Vol. 2; p. 531.

Diet:- The time devoted to studying how to prepare food in a manner to suit the perverted appetite is worse than lossed-- for they are only learning the most successful way to tear down and debase the physical, mental, and moral faculties by gluttony. Then, as a natural result, comes sickness.

Health Reformer '66, p. 36.

The system is weakened, the blood contaminated, and inflammation is the sure result.

P. C. (273) Nov. 6, '96.

Scanty, impoverished, ill-cooked food is constantly depraving the blood, by weakening the blood making organs.

T. Vol. I, p. 682.

I set before them the fact that by placing several kinds of food in the stomach at one meal, they were causing disease which was not attributed to the food eaten.

P. C. (243) Aug. 30, '96.

And the dyspeptic-What has made him dyspeptic is taking this course. Instead of observing regularity, he has let his appetite control him, and has eaten between meals.

T. 2, p. 374.

And what influence does over eating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result.

T. Vol. 2, p. 364.

They closely apply their minds to books, and eat the allowance of a laboring man. --- The liver becomes burdened, and unable to throw off the impurities, in the blood, and sickness is the result.

T. Vol. 3, p. 490.

But the richness of the food, and the complicated mixtures are health destroying. Highly seasoned meats, followed by rich pastry, is wearing out the vital organs of the digestion of children.

P. C. (273) Nov. 5, '96.

The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease.

Christian Temperance p. 57.

A great amount of milk and sugar clog the system, irritate the digestive organs, and affect the brain.

T. Vol. 2, p. 370.

The mortality cause by meat eating is not discerned----Animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood.

P. C. (273) Nov. 5, '96.

Simple grains, fruits of the trees, and vegetables have all the nutriment properties necessary to make good blood. This flesh diet cannot do.

P. C. 271. Nov. 5, '96.

Physicians are not employed to prescribe a flesh diet for the patients; for it is this kind of diet that has made them sick.

P. C. (266) Aug. 12, '96.

Flesh meats constitute the principle article of food upon the tables of some families, until their blood is filled with cancers and scrofulous humors. Their bodies are composed of what they eat. But when suffering and disease come upon them, it is considered an affliction of Providence.

T. Vol. 3, p. 563.

From the light that God has given me, the prevalence of cancers and tumors is largely due to gross living on deadly flesh.

P. C. (275) Nov. 5, '96.

The practice of eating largely of meat is contracting diseases of all kinds, --cancers, tumors, scrofula, tuberculosis, and numbers of other like affections.

P. C. 321. Jan. 11, '97.

Persons who live largely on a meat diet are in danger of putrefaction should they contract disease.

(Copeid Nov. 9, '96.) P. C. 257. Feb. 17, '84.

Mental Conditions:- That which brings sickness of body and mind to nearly all, is dissatisfied feelings and discontented repinements.

T. Vol. I, p. 566.

Nothing so fruitful a cause of disease as depression, gloominess, and sadness.

T. Vol. I, p. 702.

Vice:- Meral pollution has done more than every other evil to cause the race to degenerate. It is practiced to an alarming extent, and brings on disease of almost every description.

T. Vol. 2, p. 321.

Stimulants:- It is these hurtful stimulants that are surely undermining the constitution and preparing the system for acute diseases, by impairing nature's fine machinery, and battering down her fortifications erected against disease, and premature decay.

T. Vol. I, p. 548, 549.

A tendency to disease of various kinds, as dropsy, liver complaint, troubling nerves, and a determination of the blood to the head results from the habitual use of sour cider. ~~Right-see~~ by its use many bring upon themselves permanent disease. Review & Herald, '84, No. 13.

Drugs:- More death have been caused by drug taking than from all other causes combined. How to Live 3: 57.

Resistance Against Disease:-

General Statements:- The power of the human system to resist the abuses put upon it, is wonderful. R.

Review & Herald 1864, No. 4.

The object of the health reform and the health institute is not, like a dose of "Pain Killer" or "Instant Relief," to quite the pains of to-day. No, indeed! Its great object is to teach the people how to live so as to give nature a chance to remove and resist disease.

T. Vol. I, p. 543.

A careful conformity to the laws which God has implanted in our being would insure health, and there would not be a breaking down of the constitution.

Health Reformer '66, p. 3.

A great amount of suffering might be saved if all would labor to prevent disease, by strictly obeying the laws of health.

How to Live 4: 60.

You do not possess the strenght of constitution to rally and resist disease.

T. Vol. 2, p. 61.

Heridity:- Your offspring robbed of vitality before they are born.

T. Vol. 2. p. 94.

Mental Power:- The system is vitalized by the electrical force of the brain to resist disease.

T. Vol. 3, p. 157.

The power of the will is a mighty soother of the nerves, and can resist much disease, simply by not yielding to ailments, and settling down into a state of inactivity.

Facts of Faith, p. 145

Diet:- The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks, and sudden death, because you do not possess the strength of constitution to rally and resist disease.

T. Vol. 2, p. 61.

Feeding on flesh, the juices and fluids of what we eat, pass into the circulation of our blood, and as we are composed of what we eat, we become animalized. Thus a feverish condition is created, because the animals are diseased, and by partaking of their flesh, we plant the seeds of disease in our own tissue and blood. Then, when exposed to the changes of a malarious atmosphere, these are more sensibly felt. Also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the diseases.

P. C. (275) Nov. 5, '96.

To eat after violent exercise, and when much exhausted, and heated, will injure the health of human beings, as well as the health of dumb animals, and will lay the foundation for a broken constitution in man, as well as the beasts.

St.

How to Live 2: 33.

It is these hurtful stimulants that are surely undermining the constitution and preparing the system for acute diseases, by impairing nature's fine machinery, and battering down her fortifications erected against disease and premature decay.

T. Vol. 1; p. 548, 549.

Drugs:- The effects of the poison may not be immediately perceived, but it is doing its work surely in the system, undermining the constitution and crippling nature in her efforts. How to Live 3: 63.

Vice:- This vice is laying waste the constitutions of very many, and preparing them for ideseases of almost every discription.

Solemn Appeal, p. 53.

Some of nature's fine machinery gives way, leaving a heavier task for the remaining to perform, which disorders nature's fine arrangements, and there is often a suden breaking down of the constitution; and death is the result.

Solemn Appeal, p. 64.

-----VENTILATION-----

GENERAL STATEMENTS:- Air is the free blessing of heaven, calculated to electrify the whole system.

T. Vol. I, p. 701.

Air must be in constant circulation to be kept pure.

T. Vol. I, p. 702.

In The Sleeping Room:- Sleeping rooms especially should be well ventilated, and the atmostphere made healthy by lighted air, blinds should be left open several hours each day, the curtains put aside, and the room thoroughly aired.

How t Live 4: 62.

Sleeping apartments should be large and so arranged as to have a circulation of air through them day and night. Those who have excluded the air from their sleeping rooms, should commence to change their course immediately. They should let in air by digress, and increase its circulation untill they can bear it winter and summer, with no danger of taking cold. The lungs, in order to be healthy, must have pure air.

How to Live 4: 63.

It would be presumption to let in a free draught of air at once from out of doors, all through the day. Let it in by diggees; change gradually. In a week she can have the windows down to or three inches every night.

T. Vol. I; p. 701.

In The Sick-Room:- The sick-room, if possible, should have a draught of air through it day and night. The draught 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 and 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.

How to Live 4: 60.

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 what the matter is. A draught of pure air through their room would have a happy invigorating influence upon them.

How to Live 4: 59.

Benefits From Pure Air:- Air, Air, the precious boon 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, --- The influence of pure fresh air is to cause the blood to circulate healthfully through the system. ---- It excites the appetite, and renders the digestion of the food more perfect, and induces sound sweet sleep.

T. Vol. I; p. 702.

Harmful Effects Of Pure Air:- The harmful effects of living in close, illventilated 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.

T. Vol. I, p. 702, 703.

Many children have passed five hours each day in school-rooms 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.

T. Vol. 3. p. 135.

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 apartment for weeks, and months, and years---The breath the same air over and over, untill it becomes impregnated with the poisonous impurities, and waste matter, thrown off from their bodies, through the lungs, and the pores of the skin... These who thus abuse their health must suffer with disease.

How to Live 4: 63.

Appetite:- If the appetite is allowed to rule, then the mind will be brought under its control.

P. C. (320) Jan II, '97.

One of the strongest temptations that man has to meet is upon the point of appetite.

T. Vol. 3, p. 485.

As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion.

T. Vol. 3; p. 491.

The controlling power of appetite will prove the ruin of thousands, when if they had conquered on this point, then they would have had the moral power to gain the victory over every other temptation over Satan. But those who are slaves to appetite will fail in perfecting Christian Character.-- As we near the close of time, Satan's temptation to indulge appetite will be more powerful and more difficult to overcome.

T. Vol. 3, p. 491, 492.

Satan sees that he can not have such controlling power over them as he could if appetite were indulged.

T. Vol. 3, p. 569.

In order for us to enjoy the natural appetite, which will preserve health and prolong life, he restricts the appetite. He says beware; restrain, deny, unnatural appetite.

T. Vol. 3. p. 63.

In its natural state, it "the taste" might indicate, in a greater degree, the food best adapted to the wants of the system.

Health Reformer (2:31)

This "the taste" might be correct if the appetite had never been perverted. There is a natural, and a depraved appetite,

Health Reformer. 230.

-----DIET-----

The diet question needs careful study.

Youth's Instructor, May 31, '94.

The diet affects both physical and moral health.

Christian Temperance p, 79.

Learn for yourselves what you should eat, what kinds of food best nourish the body and then follow the dictates of reason and conscience.- This not a matter of trifling importance. We must pay attention to it if healthful vigor and healthful tone are to be given to the various branches of the work.

Gospel Worker, p. 174, 175.

The custom of placing different courses of food upon the table better never have been invented.----Another custom which has been instituted is that which requires all to keep their places at the table till the last one is finished. This makes eating a burden to those who eat no more than they feel their stomachs can properly care for. Health-reformers need not observe these inventions of fashion.

P. C. (248) Aug. 30, '96.

All those who will not eat and drink from principle, will not be governed by principle in other things.

Health Reformer '66, p. 3.

COOKS:- Cooks should be thought of, and their strength saved as much as possible for they have souls to save. The many dishes usually prepared for dessert should be dispensed with.

P. C. (245) Aug. 30, '96.

The large amount of cooking done is not at all necessary. Neither should there be any poverty stricken diet, either in quality or in quantity.

P. C. p. 273.

Nov 5/1896.

If one person performs the cooking whose main dependence is meat, she can encourage meat eating, and the depraved appetite will frame every excuse for this kind of diet.

P. C. (255) Feb. 17, '84.

It is the positive duty of physicians to educate, educate, educate, by pen and voice all who have the responsibility of preparing food for the table.

P. C. (249) Aug. 30, '86.

There is religion in good cooking.

T. Vol. 2, p. 537.

We need persons who will educate themselves to cook healthfully. Many know how to cook meats and vegetables in different forms, who yet do not understand how to prepare simple and appetizing dishes.

Youth's Instructor May, 31, '94.

You profess to be health Reformers, and for this very reason you should become good cooks. Those who can avail themselves of the advantages of properly conducted hygienically cooking-schools, will find it a great benefit, both in their own practice and teaching others.

Christian Temperance, p. 119.

One reason why many become discouraged in practicing health reform is that they have not learned how to cook so that proper food, simply prepared, would supply the place of the diet to which they had been accustomed.

Christian Temperance, p. 119.

This can be done in a simple, healthful, and easy manner, without the use of lard, butter, or flesh meats.

T. Vol. I, p. 681.

Skill must be united with simplicity. To do this, we must read, and then patiently reduce what they have read to practice. Many are suffering because they will not take the trouble to do this.--- It is a religious duty for those who cook to learn how to prepare healthful food in different ways, so that it may be eaten with enjoyment.--- What branch of the education of the young lady can be so important ^{and} as this.

T. Vol. I. 681, 682.

Proper Food:- Is my diet such as will bring me in a position where I can accomplish the greatest amount of good.

Review & Herald 1880, No. 5.

People can not all eat the same things. Some articles of food that are wholesome and palatable to one person, may be hurtful to another. So it is impossible to make an unvarying rule by which to regulate every ones dietic habits.

Christian Temperance, p, 157.

The Lord intends to bring his people back to live upon simple fruits, vegetables, and grains.

P. C. (269) Nov. 5, '96.

God provided fruit in its natural state for our first parents.

P. C. (270) Nov. 5, '96.

All the elements of nutrition are contained in the fruits, vegetables and grains.

Review & Herald '83, No. 19.

Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the table of all who claim to be preparing for translation to heaven.

T. Vol. 2, p. 352.

Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kind, make, with milk or cream, the most healthful diet. They impart nourishment to the body, and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet.

Christian Temperance, p. 47.

We use the cream from the milk of the cows which we feed ourselves. We purchase butter for cooking purposes from dairies, where the cows are in healthful condition, and have good pastures.

P. C. (239) Sept. 15, '95.

Meat eating is doing its work, for the meat is diseased. We may not long be able ^{to use} ~~use~~ even milk.

P. C. (254) Aug. 30, '96.

Make fruit the article of diet to be placed on your table, which shall constitute the bill of fare. The juices of fruit, mingled with bread, will be highly enjoyed. Good, ripe, undecayed fruit, is a thing we should thank the Lord for because it is beneficial to health.

P. C. p. 274. Nov. 5, '96.

So much porridge eating is a mistake. The dry food that requires mastication is far preferable. The health food preparations are a blessing in this respect. Good brown bread and rolls, prepared in a simple manner, yet, with a painstaking effort will be healthful.

P. C. (319, 320) Jan 11, '97.

My sisters do not place upon your tables food that is exciting and irritating, but that which is plain, wholesome, and nutritious.

Review & Herald 1884, No. 31.

We may enjoy the fruits, the vegetables, the grains, without doing violence to the laws of our being

T. Vol. 3, p. 50.

PREPERATION OF FOOD:- In the preperation of food, the golden rays of light are to be kept shining, teaching those who sit at the table how to live.

P. C. (266) Aug. 12, '96.

Food should be theroughly cooked, nicely prepared, and appetizing.

P. C. (273) Nov. 5, '96.

The food should have been prepared in a simple form, and free from grease; but pains should have been taken to have it nutritious, healthful, and inviting.

T. Vol. 2, p. 485.

Food should be prepared with simplicity, and yet, with a nicity that will invite the appetite.

T. Vol. 2, p. 63.

Great care should be taken when that change is made for a flesh meat to a vagitarian diet to supply the table with wisely prepared, well cooked articles of food.

P. C. (319) Jan. II, '97.

It is important that the food should be prepared with care, that the the appetite, when not perverted can relish it .

T. Vol. 2, p. 367.

Unless the food is prepared in a wholesome, palatable manner, it can not be converted into good blood to build up the wasted tissues.

T. Vol. 2; p. 538.

In every line of cooking the question should be considered, is, "How should the food be prepared in the most natural and inexpensive manner?" And there should be careful study that the fragments of the food left over from the table be not wasted.

P. C. (321) Jan. II, '97.

Hot raised bread of any kind is difficult of digestion.

Review & Herald '83, No. 19.

Bread should never have the slightest taint of sourness. It should be cooked untill it is most thoroughly done. Thus all softness and stickiness will be avoided.--- Milk should not be used in place of water in bread making. All this is extra expense, and is not wholesome. If the bread thus cooked is allowed to stand over, and is then broken open, there will frequently be seen long strings like cobwebs, and this in warm weather, soon causes fermentation to take place in the stomach.

P. C. (320) Jan II, '97.

Every house keeper should feel it her duty to educate herself to make good sweet bread, in the most inexpensive manner, and the family should refuse to have upon the table bread that is heavy and sour, for it is injurious.

P. C. (321.) Jan. II, '97.

Graham gems which are both wholesome and palatable may be made from the unbelted flour, mixed with pure cold water and milk. ---The unbelted flour, mixed with pure soft water and milk, makes the best gems we ever tasted. If the water is hard, use more sweet milk, or add an egg to the batter. Gems should be thoroughly baked in a well heated oven with a steady fire.

Review & Herald, '83, No. 19.

To make rolls, use soft water and milk, or a little cream ; make a stiff dough and knead it as if for crackers, bake on the grate of the oven. These are sweet and delicious. They require thorough mastication, which is a benefit to the teeth and the stomach. They make good blood and impart strength.

Review & Herald '83, No. 19.

Hot biscuits raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach.

Review & Herald '83, No. 19.

Saleratus in any form should not be introduced into the stomach; for the effect is fearful. It eats the coatings of the stomach, causes inflammation and frequently poisons the entire system. Some plead, "I cannot make good bread and gems unless I use soda or saleratus." You surely can if you become a scholar and will learn. Is not the health of your family of sufficient value to inspire you with ambition to learn how to cook, and how to eat?

T. Vol. 2, p. 537.

Another very simple yet wholesome dish, is beans boiled or baked. Dilute a portion of them with water, add milk or cream, and make a broth; the bread can be used as in graham gruel.--- You can make graham gruel. If the graham flour is too coarse, sift it, and while the gruel is hot, add milk. This will make a most palatable dish for the camp ground. And if your bread is dry, crumb it into the gruel, and it will be enjoyed. T. Vol. 2; p. 603.

Variety:- There should not be any kinds at one meal, but all meals should not be composed of the same kinds of food without variation.

T. Vol. 2; P. 63.

I set before them the fact that by placing several kinds of food in the stomach at one meal, they were causing disease that was not attributed to the food eaten.

P. C. P. 243. Aug. 30, '96.

If your work is sedintary, take exercise every day, and at each meal eat only two or three kinds of simple food, taking no more of these than will satisfy the demands of hunger. P. C. (248) Aug, 30, '96.

It would be much better to eat only two or three different kinds of food at each meal than to load the stomach with many varieties.

P. C. (239) Aug. 30., '96.

It is not well to take a great variety of food at one meal. When fruit and bread, together with a variety of other foods that do not agree are crowded into the stomach at one meal, what can we expect but what a disturbance will be created.

P. C. (320) Jan. II, '97.

Do not have too great a variety at a meal; three or four dishes are plenty. At the next meal you can have a change. The cook should tax her inventive powers to vary the dishes prepared for the table, and the stomach should not be compelled to take the same kind of food, meal after meal.

Review & Herald '84, No. 31.

If we would preserve the best health, we should avoid eating vegetables and fruits at the same meal. If the stomach is feeble, there will be distress, the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next.

Food Combinations:- All mixed and complicated foods are injurious to the health of human beings.

P. C. (217) Nov. 5, '96.

Fruit and bread, together with a variety of other foods that do not agree are crowded into the stomach at one meal, what can we expect but that a disturbance will be created.

P. C. (320) Jan. II, '97.

If we would preserve the best health, we should avoid eating vegetables and fruit at the same meals.

Youth's Instructor May, 31, '94.

We advise you to change your habits of living; but while you do this we caution you to move understandingly. I am acquainted with families who have change from a meat diet to one that is impoverish. Their food is so poorly prepared that the stomach loaths it.----Here is one reason why some have not been successful in their efforts to simplify their food.

T. Vol. 2, p. 63.

Large quantities of milk and sugar eaten together are injurious.

T. Vol. 2, p. 369.

Some use milk and a large amount of sugar on mush, thinking they are carrying out health reform. But the sugar and the milk combined are liable to cause fermentation in the stomach, and are thus harmful.

Christian Temperance, p. 57.

The richness of food, and the complicated mixtures are health destroying.

P. C. (272) Nov. 5, '96.

Number of Meals:- The stomach must have careful attention. --After it has done its work for one meal, do not crowd more work upon it before it has had a chance to rest, and before a sufficient supply of gastric juice is provided. Five hours at least should be given between each meal and always bear in mind that if you would give it a trial, you would find that two meals would be better than three.

P. C. (250) Aug. 30, '96.

I told them that they would realize much benefit if they would eat only two meals a day.

P. C. (243) Aug. 30, '96.

A second meal should never be eaten until the stomach has time to rest from the labor of digesting the preceding meal.

How to Live I: 55.

It is quite a common custom with the people of the world to eat three times a day, beside eating at irregular intervals between meals; and the last meal is generally the most hearty, and is often taken just before retiring. This is reversing the natural order; a hearty meal should never be taken so late in the day. Should these persons changer their practice, and eat but two meals a day, and nothing between meals, not even an apple, a nut, or any kind of fruit, the result would be seen in a good appetien and greatly improved health.

Review & Herald '84, No. 31.

Most people enjoy better health while eating two meals a day than three; others, under their exhisting circumstances, may require something to eat at supper time; but this meal should be very light. Let no one think hisself a crôterion for all, that every one must do exactly as he does.

Christian Temperence, p. 58.

If the third meal be eaten at all, should be light, and several hours before going to bed.

How to Live I: 55.

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 I: 56.

If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten.

T. Vol. 4, p. 502.

The stomach may be so educated as to desire food eight time a day, and feel faint if it is not supplied. But this is no aggment in favor

of so frequent eating.

Review & Herald '83, No. 19.

Condition Of THE MIND AT MEALS → At meal time 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.

Gospel Worker, p. 174.

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 for the best, and go right away, feeling clear in the sight of heaven, and not having remorse of conscience.

T. Vol. 2, p. 374.

If you are in constant fear that your food will hurt you, it most assuredly will.

T. Vol. 2, p. 530.

Some health Reformers are continually worrying for fear their food, however simple and healthful, will hurt them. To these let me say, do not think your food is going to hurt you; but when you have eaten accordance with your best judgment, and have asked the Lord to bless the food believe that he has heard your prayer and be at rest.

Christian Temperance, p. 59.

ERRORS IN DIET:- First.

Eating between meals:- You should never let a morsel pass between your lips between meals. Eat what you are and wait until the next.

T. Vol. 2, p. 373.

Three meals a day, and nothing between meals-- Not even an apple - should be the utmost limit of indulgence. Those who go further violate nature's laws and will suffer the penalty.

Review & Herald '83, No. 19.

When traveling some are almost constantly nibbling, if there is anything within their reach. This is a most pernicious practice. Animals that do not have reason, and that know nothing of mental taxation, may do this without injury, but they are no criterion for rational beings, who have mental powers that should be used for God and humanity.

Review & Herald '84, No. 31.

Food taken into the stomach at untimely seasons, leave an influence on every fiber of the system.

Health Reformer, p. 86.

In order to have healthy digestion, food should be eaten slowly. Those who wish to avoid dyspepsia, and those who realize the obligation to keep all their powers in a condition which will enable them to render the best service to God, will do well to remember this. If your time to eat is limited, do not bolt your food, but eat less, and eat slowly.

Review & Herald '84, No. 31.

Do not be hurried, but eat slowly and with cheerfulness, your heart filled with gratitude to God for all his blessings.

Gospel Worker., p. 174.

Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with meals, the more difficult it is for the food to digest.--- The benefit you derive from your food does not depend so much on the quantity eaten, as on its thorough digestion, nor the gratification of the taste so much on the amount of food swallowed as on the length of time it remains in the mouth.

Review & Herald '84, No. 31.

Over Eating:- Nearly all the members of the human family eat more than the system requires.--- Even so-called health reform needs reforming on this point.---If more food, even of a simple quality, is placed

in the stomach than the living machinery requires, this surplus becomes a burden, the system makes a desperate effort to dispose of it, and this extra work causes a tired, weak feeling. Some who are continually overeating call this all gone feeling hunger, but it is caused by the over worked condition of the abused digestive organs.

P. C. (26, 247) Aug. 30, '96.

Some of you feel as though you would like to have somebody tell you how much to eat. This is not the way it should be. We are to act from a moral and religious standpoint. We are to be temperate in all things, because an incorruptable crown, a heavenly treasure, is before us. And now I wish to say to my brethren and sisters, I would have moral courage to take my position and govern myself--- Just eat that which is for the best, and go right away, feeling clear in the sight of heaven, and not having remorse of conscience. T. Vol. 2, p. 374.

I pointed out the evil of overeating of even healthful food.---If they overeat then the brain power is taxed to take care of a large quantity of food that they do not demand, and the mind is beclouded, and the perceptions enfeebled.

P. C. (73) April 6, '96.

When the brain is constantly taxed, and there is a lack of physical exercise, they should eat sparingly even of plain food.

T. Vol. 2, p. 515.

They closely apply their minds to books, and eat the allowance of a laboring man. Under such habits, some grow corpulent, because the system is clogged. Others become lean, feeble, and weak, because their vital powers are exhausted in throwing off the excess of food; the liver becomes burdened and unable to throw off the impurities of the blood and sickness is the result.

T. Vol. 3, p. 90.

Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality. Overeating has a worse affect upon the system than overworking; the energies of the soul are more effectually prostrated by intemperate eating than by intemperate working. The digestive organs should never be burdened with the quantity or quality of food which it will tax the system to appropriate. All that is taken into the stomach, above what the system can use to convert into good blood, clogs the machinery; for it can not be made into either flesh or blood and its presence burdens the liver, and produces a morbid condition of the system.

T. Vol. 2, p. 412.

Overeating is intemperence just as surely as is liquor drinking.

P. C. 249. Aug 30, '96.

And what influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result. If persons were diseased before, they thus increase the difficulties upon them, and lessen their vitality every day they live. They call their vital powers into unnecessary action to take care of the food they place in their stomachs. What a terrible condition is this to be in!

T. Vol. 2, p. 364.

Eating merely to please the appetite is a transgression of nature's laws often this intemperence is felt at once in the form of indigestion, headaches and colic. A load has been placed upon the stomach that it cannot care for, and the feeling of oppression comes. The head is confused, the stomach is in rebellion. But these results do not always follow overeating. In some cases the stomach is paralyzed. no sensation of pain is felt, but the digestive organs lose their vital

force. The foundation of the human machinery is gradually undermined, and life, is rendered very unpleasant.

P. C. (248) Aug. 30, '96.

Drinking at Meals:- Drinking at meals, water diminishes the flow of the salivary glands; and the colder the water the greater the injury to the stomach. Ice water or ice 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 & Herald '84, No. 31.

Food should not be washed down; no drink is needed with meal. Eat slowly and allow the saliva to mingle with the food. The more liquid there is taken (with the stomach) with the meals, the more difficult it is for the food to digest; for the liquid must be first be absorbed. -- Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit.--- But if anything is needed to quench thirst, pure water drunk some little time before or after the meal is all that nature requires.--- Water is the best liquid possible to cleanse the tissues.

Review & Herald, '84, No. 31.

Do not eat largely of salt, give up bottled pickles, keep fiery spiced food out of your stomach, eat fruit with you meal, and the irritation which calls for such drink will cease to exist.

Review & Herald '84, No. 31.

Liquid Foods:- I am advising all where I go to give up liquid foods as much as possible, to eat good home baked bread and fruit at one meal, without sweet puddings and custards, or side puddings with eggs or milk, but take the best made bread, both graham and white, and make their meals as much as possible on dried or green fruits, and let that be the only course. Then the next meal let it be nicely prepared vegetables

seasoned with a little butter "not rancid", but good sweet butter, " And put no butter on the table, no concocted desserts, but good, wholesome, solid food, and discontinue with slops.

San. Coll. (90) Oct. 29, 96.

Taken in a liquid state, your food would not give healthful vigor or tone to the system. But when you change this habit, and eat more solids and less liquids, your stomach will feel disturbed. Not withstanding this, you should not yield the point, you should educate your stomach to bear a more solid diet.

T. Vol. 3, p. 74.

So much porridge eating is a mistake. The dry food that requires mastication is far preferable. The Health food preparations are a blessing in this respect.---For those who can use them, good vegetables, prepared in a healthful manner are better than soft mushes and porridge. Fruits use with thoroughly cooked bread, two or three days old will be more healthful than fresh bread. This, with slow and thorough mastication, will furnish all that the system requires.

P. C. (319, 320) Jan. II, '97.

Very Hot And Very Cold Foods:- Very hot food ought not to be taken into the stomach. Soups, puddings, and other articles of the kind, are often eaten too hot, and as a consequence the stomach is debilitated. Let them become partly cooled before they are eaten.

Review & Herald, '84, No. 31.

I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on.

T. Vol. 2, p. 603.

Rich Diet:- The richness of food, and the complicated mixtures are health destroying. Highly seasoned meats, followed by rich pastry, is wearing out the vital organs of the digestion of children.

P. C. (274) Nov. 5, 1896.

At too many tables, when the stomach has received all that it requires to properly carry on the work of nourishing the system, another course, consisting of pies, puddings, and highly flavored sauces is placed upon the table . . . Many, thought they have already eaten enough will over step the bounds, and eat the tempting d  sser which, however, proves anything but good to them---If the extras which are provided for dessert were dispensed with altogether, it would prove a blessing.

P. C. (247) Aug. 30, '96.

Many understand how to make different kinds of cakes, but cake is not the best food to be placed upon the table. Sweet cakes, sweet puddings, and custards will disorder the digestive organs; and why should we tempt those who surround the table by placing such articles before them.

Youth's Instructor, May 31, '94.

Cooked meat with spices, and eat it with rich cakes and pies, and you have a bad quality of blood. The system is too heavily taxed in disposing of this kind of food. The mince pies and pickels, which should never find a place in any human stomach, will give a miserable quality of blood---- Flesh meat and rich foods, and an impoverish diet, will produce the same results.

T. Vol. 2, p. 368.

Children should not be allowed to eat gross articles of food, such as pork, sausage, spices, rich cakes and pastry; for by so doing their

blood becomes feavered, the nervous system unduly excited, and the morals are in danger of being affected. Note; bring in here letter sent to Texas.

Condiments:- Condiments and spices used in the preparation of food for the table, aid in the digestion the same way that tea, coffee, and liquor are supposed to help the laboring man to perform his task. After the immediate affects are gone, they drop as correspondingly below par as they were elevated above par by these stimulating substances. The system is weakened, the blood contaminated, and inflammation is the sure result,. The less that condiments and desserts are placed on our tables, the better it will be for all to partake of the food.

P. C. (273) Nov. 5, '96.

Our tables should bear only the most wholesome food, free from every irritating substance. The appetite for liquor is encouraged by the preparation of food with condiments and spices. These cause a feverish state of the system, and drink is demanded to allay the irritation. On my frequent journies across the continent, I do not patronize restaurants, dining cars, or hotels, for the simple reason that I can not eat the food there provided. The dishes are highly seasoned with salt and pepper creating a most intolerable thirst.---They irritate and inflame the delicate coating of the stomach.--Such is the food that is commonly served up on fashionable tables, and given to the children. Its affect is to cause nervousness, and to create chirst which water does not quend --Food should be prepared in as simple a manner as possible, free from condiments and spices, and even from an undue amount of salt.

Review & Herald '83, No. 44.

Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of the delicate membrane,.

The blood becomes fevered, the animal propensities are aroused, while the moral and intellectual powers are weakened, and become servants to the baser passions.

Christian Temperance p. 47.

Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, can not immediately relish a plain, whole some, nutritious diet. Their taste is so perverted they have no appetite for the wholesome diet of fruits, plain bread and vegetables. They need not expect to ~~relish~~ relish at first, food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. The fast will prove to them of greater benefit than medicine, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet. It will take time for the taste to recover from the abuses it has received, and to gain its natural tone. But perseverance in a self-denying course of eating and drinking will soon make plain, wholesome food palatable, and it will soon be eaten with greater satisfaction than the epicure enjoys over his rich dainties.

Facts of Faith, p. 130, 132.

CHEESE:- The effect of cheese is dilatorious.

Christian Temperance, p. 47.

Cheese should never be introduced into the stomach.

T. Vol. 2. p. 68.

GREASE FATS ETC:-You should keep grease out of your food. It defiles any preparation of food you may make.

T. Vol. 2, p. 63.

The greese cooked in the food renders it dif icult of digestion.

Christian Temperence p. 47.

Some fall into the error because they discard meat, they have no need to supply its place with the best fruits and vegetables, prepared in their most natural state, free from greese and spices.

T. Vol. 2, p. 486.

This (Cooking) can be done in a simple , healthful, and easy manner, without the use of lard, butter, or flesh meats.

T. Vol. I, p. 681.

Butter and meat stimulate. These have injured the stomach and per-verted the taste.

T. Vol. 2, p. 486.

You place upon your table butter, eggs, and meat, and you children partake of them. They are fed with the very things that will excite ther their animal passion.

T. Vol. 2, p. 362.

-----FLESH FOODS-----

I have never felt that it was my duty to say that no one should taste of meat under any circumstances-- I have never felt that it was my duty to make sweeping assertions.--- Since the camp meeting at Brighton, I have absolutely banished meat from my table. --It is an understood thing that whether I am at home or abroad, nothing of this kind is to be used in my family, or come upon my table.

P. C. (237) June 19, 98.

-----FLESH FOODS-----

GENERAL STATEMENTS:- Meat is not essential for health or strength, else the Lord made a mistake when he provided food for Adam and Eve before their fall. All the elements of nutrition are contained in the fruits, vegetables, and grains.

Review & Herald '83, No. 19.

The diet of animals is vegetables and grains. Must the vegetables be animalized, must they be incorporated into the system before we get them? Must we obtain our vegetable diet by eating the flesh of dead creatures? God provided fruit in its natural state for our first parents. He gave to Adam charge of the garden, to dress it, and to care for it, saying, to you it shall be for meat. One animal was not to destroy another animal for food.

P. C. (271) Nov. 5, '96.

If man will subsist upon food which God has so abundantly provided without having it first pass into the animal organism and become sinew and muscle, and then take it second hand by eating of the corpse, his health would be much better insured.

P. C. (321) Jan. 11, '97.

When the selfishness of taking the lives of animals to gratify perverted appetite was presented to me by a Catholic woman, kneeling at my feet, I felt ashamed and distressed. I saw it in a new light, and I said, I will no longer patronize the butcher, I not have the flesh of corpses on my table.

P. C. (241) Aug. 30, '96.

The Lord intends to bring his people back to live upon simple fruits vegetables, and grains. He led the children of Israel into the wilderness where they could not get a flesh diet; and he gave them the bread

of heaven. "Man did eat angels food." But they craved the flesh pots of Egypt, and mourned and cried for flesh, notwithstanding that the Lord had promised that if they would submit to his will, he would carry them into the land of Canaan, and establish them there, a pure, holy, happy people, and there should not be a feeble one in all their tribes; for he would take away all sickness from among them---the Lord would have given them flesh had it been essential for their health, but he created and redeemed them, and led them a long journey in the wilderness to educate, discipline, and train them in correct habits. The Lord understood what influence flesh eating has upon the human system. He would have a people that would, in their physical appearance, bear the divine credentials, notwithstanding their long journey.

P. C. (269) 270) Nov. 5, '96.

Those who have lived upon a meat diet all their life do not see the evil of continuing the practice, and they must be treated tenderly.

P. C. (238) Jun. 19, '95.

I know that with care and skill, dishes could be prepared to take the place of meat. But if one performs the cooking whose main dependence is meat, she can encourage meat eating, and the depraved appetite will frame every kind of excuse for this kind of diet.

P. C. (255) Feb. 14, '84.

I have never felt that it was my duty so say that no one should taste of meat under any circumstances. I have never felt it was my duty to make sweeping assertions.-- Since the camp meeting at Brighton I have absolutely banished meat from my table.--It is an understood thing that whether I am at home or abroad, nothing of this kind is to be used in my family, or come upon my table.

P. C. (237) Jun. 19, '95.

Meat is the most expensive diet that can be had.

P. C. (256) Feb. 17, '84.

EFFECTS OF MEAT EATING:-

Physical:- We do not hesitate to say that flesh meat is not necessary for health or strength.

T. Vol. 2, p. 63.

One of the greatest errors that many insist upon is that muscular strength is dependant upon animal food. But the simple grains, fruits of the tress, and vegetables, have all the nutrition necessary to make good blood. This flesh diet can not do.

P. C. (271) Nov. 5, '96.

Speaking in support of their diet they said, that without it they were weak in physical strength. But the words of our teacher to us were, "as a man thinketh, so is he." The flesh of dead animals was not the original food for man. man was permitted to eat it after the flood because all gegetation had been destroyed. -- Since the flo od the human race has been shortening the period of its exhistance. Physical, mental, and moral degeneracy is rapidly increasing in these last days.

P. C. (3 I8) Jan. II, '97.

The weakness you experience without the use of meat is one of the strongest aguments that I could present to you as a reason why you should discontinue its use. Those who eat meat feel stimulated after eating this food, and they suppose that they are made stronger. After he discontinues the use of meat, he may for a time feel a weakness, but when the system is cleansed from the effect of this diet he no longer feels the weakness, and will cease to wish for that wich he has pleaded for as escentia to strengthen him.

P. C. (240)

Aug. 30, '96.

The Physical powers are depreciated by the habitual use of flesh meats. Meat eating deranges the system.

T. Vol. 2, p. 64.

The use of the flesh of animals tends to cause a grossness of body.

T. Vol. 2, p. 63.

You may think that you cannot work without meat; I thought so once, but I know that in his original plan God did not provide for the flesh of dead animals to compose the diet for man. It is a gross, perverted taste that will accept such food. To think of dead flesh rotting in the stomach is revolting.

P. C. (257) Feb. 17, '84.

The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks of disease and sudden death, because you do not possess the strength of constitution to rally and resist disease.

T. Vol. 2, p. 61.

Their meat diet, which was supposed to be essential, was not necessary, and as they were composed of what they ate, brain, bone, and muscle were in an unwholesome condition because they lived on the flesh of dead animals. Their blood was being corrupted by this improper diet. The flesh which they ate was diseased, and their entire system was becoming gross and corrupted.

P. C. (243) Aug. 30, '96.

Feeding on flesh, the juices and fluids of what we eat, pass into the circulation of our blood, and as we are composed of what we eat, we become animalized. Thus a feverish condition is created, because the animals are diseased, and by partaking of their flesh, we plant the seeds

in our own tissue and blood. Then, when exposed to the changes of a malarious atmosphere, these are more sensibly felt. Also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist ^{the} diseases.

P. C. (275) Nov. 5, '96.

The mortality caused by meat eating, is not discerned. If it were, we would hear no more arguments and excuses in favor of the indulgence of the appetite for dead flesh.

P. C. (275) Nov. 4, '96.

Because those who, partake of animal food do not immediately feel its effects, it is not evidence that it does not injure them. It may be doing its work surely upon the system, and yet the persons for the time being realize nothing of it.

How to Live No. I: 59.

The liability to take disease is increased tenfold by meat eating.

T. Vol. 2, p. 64.

The practice of eating largely of meat is contracting diseases of all kinds, cancers, tumors, scrofula, tuberculosis, and numbers of other like affections.

P. C. (321) Jan. II, '97.

Her system is full of scrofulous humors from the eating of flesh meats. The use of swine's flesh in your family has imparted a bad quality of blood.

T. Vol. 2, p. 62.

Cancers, tumors, and all inflammatory diseases are largely caused by meat eating. From the light which God has given me, the prevalence of cancers and tumors is largely due to gross living on deadly flesh.

P. C. (275) Nov. 5, '96.

Persons who live largely on a meat diet are in danger of putrefaction should they contract disease.

P. C. (257) Feb. 17, '84.

When a limb is broken, physicians recommend their patients not to eat meat, as there would be danger of inflammation setting in.

P. C. (272) Nov. 5, '96.

Mental and Moral:- If we subsist largely upon the flesh of dead animals we shall partake of their nature.

T. Vol. 2, p. 61.

Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers.

T. Vol. 2, p. 352.

A meat diet changes the disposition, and strengthens animalism. -- Meat given to children is not the best thing to insure success. -- To educate your children to subsist on a meat diet would be harmful to them.

P. C. (274) Nov. 5, '96.

It use ~~meat~~ use excites the animal propensities to increased activity, and strengthen the animal passions. When the animal propensities are increased, the intellectual and moral powers are decreased. The use of the flesh of animals--- benumbs the finer sensibilities of the mind.

T. Vol. 2, p. 63.

It is impossible for those who make free use of flesh meats to have an unclouded brain and an active intellect.

T. Vol. 2, p. 62.

Eating much flesh will diminish intellectual activity. Students would accomplish much more in their studies if they never tasted meat. When the animal part of the human nature is strengthened by meat eating the intellectual powers diminish proportionately.

P. C. (274) Nov. 5, '96.

Meat eating deranges the system, beclouds the intellect, and blunts the moral sensibilities.

T. Vol. 2, p. 64.

Such a diet contaminates the blood in their veins, and stimulates the lower animal passions. It enfeebles keen perception and vigor of thought to the understanding of God and the truth and a knowledge of them selves.

P. C. (326) Jan. II, '97.

Spiritual:- O, if every one could discern the matters as they have been presented to me, those who are so careless, so indifferent in regard to their character building; those who plead for indulgence in a flesh meat diet would never open their lips in justification of an appetite for the flesh of dead animals.

P. C. (326) Jan. II, '97.

A religious life can be more successfully gained and maintained if meat is discarded; for this diet stimulates into intense activities, lustful propensities, and enfeebles the moral and spiritual nature.

P. C. (274) Nov. 5, '96.

Diseased Meats:- The meat diet is a serious question. Shall human beings live of the flesh of diseased animals? The answer, from the light that God has given me, is, No, decidedly no. Health reform institutions should educate on this question.--- They should point out the increase of disease in the animal kingdom. The testimony of examin-

ers is that very few animals are free from disease.

P. C. (321) Jan. II, '97.

Those who subsist largely upon flesh, cannot avoid eating the meat of animals which are to a greater or less degree diseased. The process of feeding animals for market produces in them disease; and fitted in as healthful a manner as can be, they become heated and diseased by driving before they reach the market. The fluids and flesh of these diseased animals are received directly into the blood, and pass into the circulation of the human body, becoming fluids and flesh of the same. The humors are introduced into the human system. And if the person has already impure blood, it is greatly aggravated by eating of the flesh of these animals.

T. Vol. 2, p. 64.

The very animals whose flesh you eat, are frequently so diseased, that, if left alone, they would die of themselves; but while the breath of life is in them, they are killed and brought to market. You take directly into your system humors and poison of the worst kind, and yet you realize it not.

T. Vol. 2, p. 405.

There are but few animals that are free from disease. Many have been made to suffer greatly for want of light, pure air, and wholesome food. When they are fattened they are often confined in close stables, and are not permitted to exercise and to enjoy free circulation of air. Many poor animals are left to breathe the poison of filth which is left in barns and stables. Their lungs will not long remain healthy while inhaling such impurities. Disease is conveyed to the liver, the entire system of the animal is diseased. They are killed and prepared for the market, and people eat freely of this poisonous food. Much disease is

caused in this manner. But the people can not be made to believe that it is the meat they have eaten, which has poisoned their blood, and caused their sufferings. Many die of disease caused wholly by meat eating, yet the world does not seem to be the wiser.

How to Live I: 59.

Animals are frequently killed that have been driven quite a distance to the slaughter. Their blood has become heated. They are full of fleas and have been deprived of health exercise, and when they have to travel far they become fatigued, and exhausted, and in that condition are killed for market. Their blood is highly inflamed and those who eat of their meat, eat poison. Some are not immediately affected, while others are attacked with severe pain, and die from fever, cholera, or some unknown disease.---Some animals that are brought to the slaughter seem to realize what is to take place, and they become furious, and literally mad. They are killed while in this state, and their flesh prepared for market. Their meat is poison, and has produced, in those who have eaten it, cramp, convulsions, apoplexy, and sudden death.

How to Live I: 59, 60.

Swine have been prepared for market even while the plague was upon them, and their poisoned flesh has spread contagious diseases, and great mortality has followed. How to live I: 60.

Meat eating is doing its work for the meat is diseased.

P. C. (254) Aug. 30, '96.

The flesh which they ate was diseased, and their entire system was becoming gross and corrupted.

P. C. (263) Aug. 30, '97.

Death was caused by abundant eating of meat which at the last was tainted.

P. C. (272) Nov. 5, '96.

Pulmonary diseases, cancers, and tumors, are startlingly common among animals. It is true that the inspectors reject many of the cattle that were diseased, but many were passed on to the market that ought to have been refused. ---Thus unwholesome flesh has gone on to the market for human consumption. In many localities even fish is unwholesome, and ought not to be used. This is especially so where fish come in contact with the sewerage of large cities.-- The fish that partake of the filthy sewerage of the drians may pass into waters far distant from the sewerage, and be caught in localities where the water is pure and fresh but because of the unwholesome drainage inwhich they have been feeding, they are not safe to eat.

P. C. (2397) Jun. 19, '95.

The fact that meat is largely diseased should lead us to make strenuous efforts to discontinue its use entirely.---It will be as hard for some to do, this, as hard as for the rum drinker to forsake his drink but they will be better for the change.

P. C. (258) Nov. 9, '96.

-----STIMULANTS-----

GENERAL STATEMENTS:- The use of unnatural stimulents is destructive to health, and has a benumbing influence upon the brain, making it impossible to appreciate eternal things.

T. Vol. I, p. 549.

Never be betrayed into indulging in the use of stimulants; for this will result not only in reaction and loss of physical strength, but in a benumbed intellect.

T. Vol. 4, p. 214.

these that
It is hurtful stimulants are surely undermining the constitution and preparing the system for acute diseases, by impairing nature's fine machinery, and battering down her fortifications erected against disease and premature decay.

T. Vol. I, p. 549.

Because these stimulants produce for the time being such agreeable results, many conclude that they really need them, and continue their use. But there is always a reaction. The nervous system, having been unduly excited, borrowed power for present use from its future resources of strength. All this temporary invigoration of the system is followed by depression. In proportion as these stimulants temporarily invigorate the system, will be the letting down of the power of the excited organs after the stimulus has lost its force.

T. Vol. 3, p. 487.

Excitement will be followed by depression.

Review '83, No. 19.

TEA AND COFFEE:- Tea has an influence to excite the nerves, and coffee benumbs the brain; both are highly injurious.

T. Vol. 4, p. 365.

Tea, coffee, and flesh meats produce an immediate effect. Under the influence of these poisons, the nervous system is excited, and, some cases, for the time being the intellect seems to be invigorated, and the imagination to be more vivid.

T. Vol. 3, p. 487.

To a certain extent tea produces intoxication, it enters into the circulation, and gradually impairs the energy of body and mind. It stimulates, excites, and quickens the motion of the living machinery, forcing it to unnatural action, and thus gives the tea drinker the impression that it is doing him great service, imparting to him strength. This is a mistake. Tea draws upon the strength of the nerves, and leave them greatly weakened. When its influence is gone and the increased action caused by its use is abated, then what is the result? Languor and debility corresponding to the artificial vivacity the tea imparted. When the system is already over taxed and needs rest, the use of tea spurs up nature by stimulation to perform unwanted, unnatural action, and thereby lessens her power to perform, and her ability to endure; and her powers long give out before heaven designed they should. Tea is poisonous to the system. Christians should let it alone---The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling of the nerves, and many other evils.

T. Vol. 2, p. 64, 65.

The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in the degree that it elevates above par, it will exhaust and bring prostration below par. Tea and coffee drinkers carry the marks upon their faces. The skin becomes sallow, and assumes a lifeless appearance. The glow of health is not seen upon their countenance.

Tea and coffee do not nourish the system. The relief obtained from them is sudden, before the stomach has had time to digest them. This shows that what the users of these stimulants call strength, is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short lived energy to the entire system. All this is false strength, that we are the worse for having. They do not give a particle of natural strength.

T Vol. 2, p. 65.

The stimulating diet and drink of this day are not conducive to the best state of health. Tea, coffee, and tobacco are all stimulating and contain poison. They are not only unnecessary, but harmful, and should be discarded if we would add to knowledge, temperance.

Review 1888 No. 8.

Light has been given, showing the injurious effects of tea, coffee, and flesh meats; but this light has been disregarded, even by some who profess to believe the testimonies. They even feel that to deny themselves of these health destroying indulgences would be a restriction of their liberties. If deprived for a time of their meat, tea, and coffee, they feel the loss, because of former indulgences, and are always pleading to be allowed to use them in some form. Care should be exercised in the use of these stimulants. And enlighten their minds by means of talks and lectures, in regard to the effects of tea, coffee and flesh meats, and thus lead them to a voluntary correction of their habits.

San. C. p. 74.

He calls upon them to sacrifice their idols. They should lay aside such hurtful stimulants as tobacco, tea, and coffee. T. Vol. I. 224.

The highly seasoned flesh meats and the tea and coffee, which some mothers encourage their children to use, prepare the way for them to crave stronger stimulants, as tobacco.

T. Vol. 3, p. 388.

TOBACCO:- The use of tobacco encourages the appetite for liquor; and the use of tobacco and liquor invariably lessens nerve power.

T. Vol. 3, p. 388.

By the use of alcoholic drinks and narcotics, and the flesh of dead animals, man has distorted and crippled the divine arrangements. Nature does her best to expell the poisonous drug tobacco, but frequently she is over born. She give up her struggle to expell the intruder, and the life is sacrificed in the conflict.

P. C. (326) Jan. II, '97.

Tobacco in whatever form it is used, tells upon the constitution. It is a slow poison. It affects the brain and benumbs the sensibilities so that the mind can not discern spiritual things, especially those truths which would have a tendency to correct this filthy indulgence. Those who use tobacco in any form are not clear before God. In such a filthy practice it is impossible for them to glorify God in their bodies and spirits which are his. And while they are using slow and sure poisons, which are ruining their health, and debasing the faculties of the mind, God can not approbate them. He may be merciful to them while they indulge in this pernicious habit in ignorance of the injury it is doing them, but when the matter is set before them in its true light, then they are guilty before God if they continue to indulge this gross appetite.

Facts of Faith, p. 126.

Tobacco is a poison of the most deceitful and malignant kind, having an exciting, then a paralyzing influence upon the body. It is all the more dangerous because its effects upon the system are so slow, and at first scarcely perceivable.

Facts of Faith, 128.

Tobacco is a slow, insidious poison, and its affects are more difficult to cleanse from the system than those of liquor.

T. Vol. 3, p. 569.

Tobacco using is a habit which frequently affects the nervous system in a more powerful manner than does the use of alcohol. It binds the victim in stronger bands of slavery than does the intoxicating cup; the habits is more difficult to overcome. Body and mind are, in many cases, more thoroughly intoxicated with the use of tobacco than with spirituous liquors; for it is a more subtle poison.

T. Vol. 3, p. 562.

It is unpleasant, if not dangerous, to remain in a railroad car or in a crowded room that is not thoroughly ventilated, where the atmosphere is impregnated with the properties of liquor and tobacco. The occupants give evidence by the breath and emanations from the body that the system is filled with the poison of liquor and tobacco.

T. Vol. 3, p. 562.

Many infants are poisoned beyond remedy by sleeping in beds with their tobacco using fathers. By inhaling the poisonous tobacco effluvia, which is thrown from the lungs and pours of the skin, the system of the infant is filled with poison. While it acts upon some infants as a slow poison, and affects the brain, heart, liver, and lungs, and they waste away and fade gradually, upon others, it has a more direct influence, causing spasms, fits, paralysis, and sudden death. The berieved

parents mourn the loss of their loved ones, and wonder at the mysterious providence of God which has so cruelly afflicted them, when Providence designed not the death of these infants. They died martyrs to filthy lust for tobacco. Every exhalation of the lungs of the tobacco slave poisons the air about him.

Health Reformer p. 226.

Tobacco and liquor stupify and defile the youth. But the evil does not stop here. He transmits irritable tempers, polluted blood, enfeeble intellects, and weak morals to his children, and renders himself accountable for all the evil results that his wrong and dissipated course of life brings upon his family and the community.

T. Vol. 4, p. 30, 31.

General Statements

★ | ALCOHOL, General Statements:- The tables of our American people are generally prepared in a manner to make drunkards----by the use of tea and coffee an appetite is formed for tobacco and this encourages the appetite for liquors.

T. Vol. 3, p. 563.

✓ In the glutton, the tobacco devotee, the wine biber, and the inebriate, we see the evil results of defective education.

T. Vol. 3, p. 564.

✘ If men would become temperate in all things, if they would touch not, taste not, handle not, spirituous liquors and narcotics, reason would hold the reins of government in her hand, and control the animal appetites and passions.

T. Vol. 3, p. 561.

☞ The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic liquors.

T. Vol. 3, p. 422.

Persons may become just as really intoxicated on wine and cider as on stronger drinks. The passions are more perverse; the transformation of character is greater and more determined, and obstinate. A few quarts of cider or sweet wine may awaken a taste for stronger drinks, and many who have become thorough drunkards had thus laid the foundation of the drinking habit. Moderate drinking is a school in which men are receiving an education for the drunkard's career.----The taste for stimulants is cultivated; the nervous system is disordered; Satan keeps the mind in a state of unrest; and the poor victim imagining himself perfectly secure, goes on and on, until every barrier is broken down, every principle sacrificed.

Review & Herald '84, No. 13.

The bible nowhere teaches the use of intoxicating wine, either as a beverage or as a symbol of the blood of Christ. We appeal to the natural reason whether the blood of Christ is better represented by the pure juice of the grape in its natural state, or after it had been converted into a fermented and intoxicating wine. --- We urge that the latter never be placed upon the Lord's table.---We protest that Christ never made intoxicating wine; such an act would have been contrary to all the teachings and examples of his life. -- The wine which Christ manufactured from water by miracle of his power, was the pure juice of the grape.

Health Reformer p. 90.

Effects Of:- The use of tobacco and liquor invariably lessens nerve power.

T. Vol. 3, p. 488.

A tendency to disease of various kinds, as dropsy, liver complaint, trembling nerves, and the determination of the blood to the head

results from the habitual use of sour cider. By its use, many bring upon themselves permanent disease. Some die of consumption or fall under the power of apoplexy from this cause alone. Some suffer from dyspepsia. Every vital function refuses to act, and the physician tells them they have liver complaint, when they would break in the head of the cider barrel, and never give way to the temptation to replace it, their abused life forces would recover their vigor.

Review & Herald '84, No. 13.

A single glass of wine may open the door of temptation which will lead to habits of drunkenness.

T. Vol. 4, p. 578.

When the appetite for spirituous liquor is indulged, the man voluntarily places to his lips the draught which debases below the level of the brute him who was made in the image of God. Reason is paralyzed, the intellect is benumbed, the animal passions are excited, and then follow crimes of the most debasing character. T.

T. Vol. 3, p. 561.

The law authorized the sale of liquor, and men have to build prisons for its victims; for nine tenths of those who are taken to prison are those who have learned to drink.

Review & Herald '84, No. 19.

How many frightful accidents occur through the influence of drink. Some one at an important railway station fails to give the right signal, or sends an incorrect message. On comes the train. There is a collision and hundreds of lives are lost. When the matter is investigated, it is found that the man at his post was drunk.-- what is the portion of this terrible intoxicant that any man can take, and be safe with the lives of human beings? He can be safe only as long as he abstains from drink.

No intoxicant should pass his lips.

Review & Herald '94, No. 22.

Beverage loving, liquor drinking men may be seen everywhere.

Their intellect is enfeebled, their moral powers are weakened, their sensibilities are benumbed, and the claims of God and heaven are not realized, eternal things are not appreciated. The Bible declares that no drunkard shall inherit the kingdom of God. ---Intemperence of any kind is the worst kind of selfishness.

T. Vol. 4, p. 30, 31.

CURE:-

What cure would you advise for a person who thus indulges a habit that is rebuked even by the beasts of the field. The word of God has denounced it. No drunkard shall enter the kingdom of God. What would you recommend to cure such an appetite? You would not say, "You may use strong drink moderately, continue within bounds, but never indulge to excess." You would say, "There is no such thing as helping you, unless you co-operate fully with my efforts, and sign the pledge of total abstinence. Your habit is a bad one. You have by indulgence made it second nature, and it can not be controlled unless the moral power shall be aroused, and you shall look unto Jesus, trusting in the grace he shall give you to overcome this unnatural craving." You would say, "You have lost your self control. Your self indulgence is not only a moral sin, but it is a physical disease, you are not your own. You are God's property. He has purchased you with an infinite price, and every faculty is to be employed in his service. Keep your body in a healthful condition to do his will; keep your intellect clear, and active to think candidly and critically, and to control all your powers."

P. C. (336) Oct. 12, '96.

ALCOHOL IN DISEASE:- The taste created for the disgusting, filthy poison, tobacco, leads to the desire for stronger stimulants, which is taken on one plea or another, for some imaginary infirmity, or to prevent some possible disease.

T. Vol. 4, p. 30.

By advising friends and neighbors to take brandy for the sake of their health, they are in danger of becoming agents for the destruction of their friends. ---Physicians are responsible for making many drunkards. Knowing what drink will do for its lovers, they have taken upon themselves the responsibility, of prescribing it for their patients. Did they reason from cause to effect they would know that stimulants would have the same effect on every organ of the body as they have on the whole man.. What excuse can doctors render for the influence they have exerted in making fathers and mothers drunkards?

Review & Herald '94, No. 2..

Go with me to yonder sick room. There lies a husband and father, a man who is a blessing to society and to the cause of God. He has been suddenly stricken down by disease. The fire of fever seems consuming him. He longs for pure water to moisten the parched lips, to quench the raging thirst, and cool the fevered brow. But no; the Dr. has forbidden water. The stimulus of strong drink is given, which adds fuel to the fire.

T. Vol. 31, p. 191.

Those who do not control their appetites in eating are guilty of intemperance.--with many, their first error is making a God of their appetite, subsisting mostly on highly seasoned food which produces a feverish state of the system, especially if pork is used freely. The blood becomes impure. The circulation is not equalized. Chills and

fever follow. The appetite fails. They think something must be done, and perhaps send for ale, which stimulates for the time, but as soon as the influence of the ale is gone they sink as much lower, and the continual use of ale keeps them stimulated and over excited. They think the ale was of so much benefit to them they must continue its use after a while it loses its influence, then they use a stronger beverage, until they give themselves up to every excess and man formed in the image of his Maker degrades himself lower than the beasts. It requires time to benumb the sensibilities of the mind. It was done gradually, but surely.

Facts of Faith 126.

-----D R E S S-----

Our words, our actions, and our dress are daily, living creatures, gathering with Christ or scattering abroad. This is not trivial matter, to be passed off with a jest.

T. Vol. 4 : 64E.

Turn away from the fashion plates, and study the human organism.

Christian Temperance p. 91.

Christians should not take pains to make themselves a gazing stock by dressing differently from the world. But if, when following out their convictions of duty in respect to dressing modestly and healthfully they find themselves out of fashion, they should not change their dress in order to be like the world. But they should manifest a noble independence and moral courage to be right if all the world differs from them.. If the world introduce a modest, convenient, and healthful mode of dress, which is in accordance with the Bible, it will not change our relation to God or to the world to adopt such a style of dress.

Christians should follow Christ and make their dress conform with God's word. They should shun extremes. They should humbly pursue a straight forward course irrespect of applause or censure and should cling to the right, because of its merits.

T. Vol. I, P. 458 .

In dress, we should seek that which is simple, comfortable, convenient, and appropriate.

Review & Herald '86, No. 24.

MORAL AND SPIRITUAL INFLUENCE OF DRESS:-

The sum and substance of true religion is to own and continually acknowledge by words, by dress, by deportment, our relationship to God.

T. Vol. 4, p. 582.

Perhaps no question has ever come up among us which has caused such development of character as has the dress reform.

T. Vol. 4; p635.

Simplicity of dress will make a sensible woman appear to the best advantage. We judge of a person's character by the style of dress worn. Gaudy apparel displays vanity and weakness. A modest, godly woman will dress modestly. A refined taste, a cultivated mind, will be revealed in the choice of simple and appropriate attire.

T. Vol. 4, p. 643.

We should not by any means encourage carelessness in dress. Let the attire be appropriate and becoming. Though only a ten cent calico, it should be kept neat and clean.

T. Vol. 4, p. 642.

Taste should be manifested as to colors. Uniformity in this respect, - is desirable so far as convenient. Complexion, however, may be taken into account. Modest colors should be sought for. When figured colors are used, those that are large and fiery, showing vanity and

shallow pride in those who choose them should be avoided. And a fantastic taste in putting on different colors, is bad.

Health Reformer p. 202.

Let the wearing of useless trimmings and adornments. Extravagance should never be indulged in to gratify our pride. Our dress may be of good quality, made up with plainness and with simplicity, for durability rather than for display.

Review & Herald '78, Nov. 2.

There is need to make the dress question the main point of your religion. There is something richer to speak of. Talk of Christ, and when the heart is converted everything that is out of harmony with the word of God will drop off.

Signs '89, No. 25.

There is no use of telling women that you must not wear this or that, for if the love of these vain things is in your heart, your laying off your adornments will only be like cutting the foliage off the tree.

Review & Herald '92, No. 19.

Obedience to fashion is prevailing ~~is prevailing~~ our Seventh-day Adventist Churches, and is doing more than any other power to separate our people from God.

T. Vol. 4, p. 647.

As soon as any have had a desire to imitate the fashions of the world, that they do not immediately subdue, just so soon God ceases to acknowledge them as his church.

T. Vol. I, p. 137.

Those who have had the light of eating and dressing with simplicity in obedience to physical and moral laws, and who turn from the light which points out their duty, will shun duty in other things. If they

blunt their consciences to avoid the cross which they will have to take up to be in harmony with natural law, they will, in order to shun reproach violate the ten commandments.

T. Vol. 3, p. 51.

INFLUENCE OF DRESS UPON THE BODY:- Physical loveliness consists in symmetry-the harmonious proportion of parts. Chr.

Christian Temperance, p. 94.

Tight Clothing

Dress reform includes every article of dress upon the person. It lifts the weights from the hips by suspending the skirts from the shoulders. It removes the tight corsets, which compresses the lungs, the stomach, and other internal organs, and induces curvature of the spine and an almost train of diseases. Dress reform proper provides for the protection and development of every part of the body.

T. Vol. 4, p. 635.

Womans dress should be arranged so, loosely upon the person, about the waste, that she can breathe without the least obstruction. Her arms should be left perfectly free, that she may raise them above her head with ease---the compression of the waste by tight lacing prevents the waste matter from being thrown off from its natural channel. The most important of these is the lungs.--If the lungs are cramped they can not develop; but their capacity will be diminished, making it impossible to take a sufficient inspiration of air. --the compression of the waste weakens the muscles of the respiratory organs. It hinders the process of digestion. The heart, the lungs, spleen, stomach, are crowded into a small compass, not allowing room for the healthful actions of these organs.

Health Reformer p. 16.

The dress should fit easily, obstructing neither the circulation of

The blood,
the blood, nor a free, full, natural respiration,

Christian Temperance 89.

Every article of dress upon the person should be worn so loose that in raising the arm the clothing will be correspondingly lifted.

Christian Temperance p 88.

Our Creator made no mistake in fashioning the human body. He gave appropriate space for the free action of every organ, and formed us in such a way that every muscle could come into play without trespassing upon the function of any other muscle.

Youth Instructor Sept. 14, '93.

Lacing causes displacements, and this character of disease is increasing with each successive generation. H

Health Reformer p. 16.

Many have become life-long invalids through their compliance with the demands of fashion. Displacements and deformities, cancers, and other terrible diseases, are among the evils resulted from fashionable dress.

T. Vol. 4, p 635.

Half of the diseases of women are caused by unhealthful dress.

Health Reformer '77, No. 40.

Heavy Skirts

The hips were not formed to bear heavy weights. The heavy skirts worn by females, their weight dragging down upon the hips, have been the cause of various diseases, which are not easily cured, because the sufferers seem to be ignorant of the cause which has produced them and they continue to violate the laws of their being by girding the waist and wearing heavy skirts, until they are made life-long invalids.

How to Live 6:64.

This heavy weight, pressing upon the bowels, drags them downward, and causes weakness of the stomach, and a feeling of lacticude, which leads the sufferer to incline forward. This tend further to cramp the lungs, and prevent their proper atioon. The blood becomes impure, the pores of the skin fail in their office, sallowness and disease result, and ~~every~~ beauty and health are gone--every woman who values health should avoide hanging any weight upon the hips,

Extremities

Christian Temperance p, 89.

The most of us wear clothing enough but many fail to give every part of the body its due proportion. -- If any part of the body should be favored with extra coverings, it should be the limbs and feet which are at a distance from the great wheel of life, which sends the blood throught the system. The limbs should ever be clothed with a warm covering to protect them from a chill current of air... If the feet are ~~el~~ clothed good sized, thick soled, boots or shoes, for comfort rather than fashion, the blood will be induced to circulate freely in the limbs and feet, as well as other portions of the body.---if we give the lungs and feet ample room to do the world God designed they should, we shall be rewarded with better health and a clearer conscience.

Health Reformer p. 174.

There is but one woman in a thousand who clothes her limbs as she should.

How to Live 6: 64.

The portions of the body close by the life springs, need less covering than the limbs which are remote from the vital organs. It the limbs and feet could have the extra coverings usally put upon the sholders, lungs and heart, and healthy circulation be induced to the extremities, the vital organs would act their part healthfully, with only their sahre

of clothing.

How to Live 5: 73.

The extremities are chilled, and the heart has thrown upon it double labor, to force the blood into these chilled extremities, and when the blood has performed its circuit through the body and return to the heart, it is not the same vigorous current which left it. It has been chilled in its passage through the limbs. The heart, weakened by too great labor, and poor circulation of poor blood, is then compelled to still greater exertion, to throw the blood to the extremities which are never as healthfully warm as other parts of the body. The heart fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities, is thrown back upon the lungs and brain, and inflammation and congestion of the lungs or the brain is the result. H.

How to Live 5: 72.

It is impossible for women to have, habitually, chilled limbs and cold feet, without some of the internal organs being congested. ---The many extra coverings over the chest and back, and lower part of the body, induce the blood to these parts, and the animal heat, thus retained, weakens and debilitates these delicate organs and congestion and inflammation is the result.

Health Reformer p. 204.

A bad circulation leaves the blood to become impure and induces congestion of the brain and lungs, and causes diseases of the head, the heart, the liver, and the lungs. The fashionable style of woman's dress is one of the greatest causes of all these terrible diseases.

Health Reformer 221.

When the extremities which are remote from the vital organs are not properly clad, the blood is driven to the head, causing headach or nose bleed; or there is a sense of fulness about the chest, producing cough or palpitation of the heart, on account of too much blood in that locality; or the stomach has too much blood, causing indigestion.

T. Vol. 2, p. 531.

Length

The length of the fashionable dress is objectionable for several reasons.

1. it is extravagant and unnecessary to have a dress of such a length that it will sweep the sidewalk and street.
2. A dress thus long gathers dew from the grass, and mud from the streets, and is therefore uncleanly.
3. In its bedraggled condition it comes in contact with the sensitive ankles, which are not sufficiently protected, quickly chilling them, and thus endangering health and life. This is one of the greatest causes of catarrh and scrofulous swellings.
4. The unnecessary length is an additional weight upon the hips and bowels.
5. It hinders the walking, and is also often in other peoples way. If women would wear their dresses so as to clear the filth of the street an inch or two, their dresses would be modest, and they could be kept clean much more easily, and would wear longer.

T. Vol. I, p. 459, 458 .

You have worn too great amount of clothing, and have debilitated the skin by so doing. You have not given your body a chance to breath. The pores of the skin, or little mouths through which the body breath, have become closed, and the system has been filled with impurities.

T. vol. 3p, 74.

I advise invalid sisters who have accustomed themselves to too great an amount of clothing, to lay it off gradually.

T. Vol. 2, p. 533.

Disease of every type is brought upon the body through the unhealthy fashionable style of dress; and the fact should be made prominent that a reform must take place before treatment will effect a cure.

-----E X E R C I S E----- T. V. 4, p, 532.

GENERAL STATEMENTS:- The human body may be compared to nicely adjusted machinery, which needs care to keep it in running order. One part should not be subjected to constant wear and pressure, while another part is rusting from inaction. While the mind is taxed, the muscles also should have their proportion of exercise. Every young person should learn how many hours may be spent in study, and how much time should be given to physical exercise.

Signs '86, No. 33.

There is quite a difference between weariness and exhaustion.

Solemn Appeal p. 64.

The compression of the waist will not allow free action of the muscles.

Health Reformer 16.

VARIETIES OF EXERCISE:- ~~Gymnastics~~ ~~another precious blessing~~

~~Gymnastics~~ General Statements:- Another precious blessing is proper exercise.

T. Vol. 2, p. 528.

They should go out an exercise every day,--make it their object to do some good, working to the end of benefitting others.

T. Vol. 2, p. 531.

Gymnastics:- The exercise of one muscle, while others are left with nothing to do, will not strengthen the inactive ones any more than the continuall exercise of one of the organs of the mind, will develop and strengthen the organs not brought into use. Each faculty of the mind and each muscle has its distinctive office, and all require to be exercised in order to become properly developed and retain healthful vigor. Each organ and muscles has its work to do in the living organism. Every wheel in this machinery must be a living, active, working wheel. Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed. Each faculty has a bearing upon the others, and all need to be exercised in order to be properly developed. If one muscle of the body is exercised more than another, the one use will become larger, and will destroy the harmony and beauty of the development of the system. A variety of exercise will call into use all the muscles of the body.

T. Vol. 3, p. 77, 78.

It is not good policy to give up the use of certain muscles because pain is felt when they are exercised. The pain is frequently caused by the effort of nature to give life and vigor to those parts that have become partly lifeless through inaction. The motion of the long disused muscles will cause pain, because nature is awakened in them to life.

T. Vol. 3, p. 78.

Exercise, to be of decided advantage to you should be systematized, and brought to bear upon the debilitated organs that they may become strengthened by use.

T. Vol. 3, p. 76.

USEFUL LABOR:- When useful labor is combined with study, there is no need of gymnastic exercises; and much more benefit is derived from

work performed in the open air than from indoor exercise. The farmer and the machanic each have physical exercise; yet the farmer is much the healthier of the two, for nothing short of the invigorating air and sunshine will fully meet the wants of the system. The farmer gains in his labor all the movements that were every practiced in a gymnasium. And his movement room is the open fields; the canopy of heaven of its roof, the solid earth its floor.

Signs '86, No. 33.

Breathern, when you take time to cultivate your garden, thus gaining the exercise needed to keep the system in good working order, you are just as much doing the work of God as in holding meetings.

G. W. p. 174.

If work is performed without the heart being in it, it is simply drudgery, and the benefit which could result from the exercise is not gained.

Health Reformer p. 45.

Passive Exercise:- The movement cure is a great advantage to a class of patients who are too feeble to exercise. But for all who are sick to rely upon it, making it their dependance, while they neglect to exercise their muscles themselves, is a great mistake.

T. Vol. 3, p. 76.

Many who depend on the movement cure, could accomplish more for themselves by muscular exercise than the movements can do for them.

T. Vol. 3, p. 78.

Walking:- There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved.--Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all of the organs of the body are brought into

T. Vol. 3, p. 78

When the weather will permit all who can possibly do so, ought to walk in the open air every day, summer and winter--a walk, even in winter, will be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding. The muscles and veins are enabled better to perform their work. 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.

T. Vol. 2, p. 529.

There is no exercise that will prove as beneficial to every part of the body as walking. Active walking in the open air will do more for women to preserve them in health if well, than any other means. Walking also is one of the most efficient remedies for the recovery of the health of the invalid. The hands and arms are exercised as well as the limbs, unless they are confined in a muff, which should never be. No lady can walk naturally and gracefully with her hands in a muff, for the hands need to be exercised in walking as well as the feet. If the hands are confined in holding a shawl together, or by being placed in a muff, the gait is not free and easy, but constrained and wriggling. My sisters if necessary, wear fur mittens to keep the hands warm, but lay aside your muff to be used only when you are obliged to ride some distance.

Health Reformer p. 219, 220.

WHEN TO EXERCISE:- Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal the better.

T. Vol. 2, p. 530.

Neither study nor violent exercise should be engaged in after a full meal; this would be a violation of the laws of the system. Immediately after eating there is a strong draught 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 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.

T. Vol. 2, p. 413.

Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits and vegetables, is necessary to a circulation of the blood. It is the surest safe guard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.

Health Reformer p. 200.

A large class of women are content to hover over the stove, breathing impure air for one half or three-fourths of the time, until the brain is heated and half benumbed. They should go out and exercise every day, even though some things in doors have to be neglected. They need the cool air to quiet their distracted brains.

T. Vol. 2, p. 531.

BENEFITS DERIVED FROM:-

General Statements:-The living machinery God designed should be in daily activity, and in this activity or motion of the machinery, is its preserving power.

Health Reformer p. 145.

By active exercise in the open air every day, the liver, kidneys,

and the lungs also will be strengthened to perform their work. [^] If invalids who can, would engage in light, useful labor in the open air, a portion of each day, they would find physical exercise one of God's appointed agents for the benefit of man.

Health Reformer 184.

If they would work intelligently, giving both mind and body a due share of exercise, ministers would not so readily succumb to disease.

Gospel Worker p. 173.

~~and the lungs also will be strengthened to per-~~
~~form their work.~~

~~T. Vol. 2, p. 555.~~

To The Nervous System:- There will be increased vitality, which is so necessary to health .

T. Vol. 2, p. 529.

Healthy active exercise is what you need. This will invigorate the mind.

T. Vol. 2, p. 413.

Not only will the organs of the ~~body~~ be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of these organs.

T. Vol. 3, p. 77.

To The Circulatory System:- The more we exercise, the better will be the circulation of the blood.

T. Vol. 2, p. 525.

If physical exercise were combined with mental exertion, the blood would be quickened in the circulation, the action of the heart would be more perfect, impure matter would be thrown off and new life and vigor would be experienced in every part of the body.

T. Vol. 3, p. 490.

~~The studied habit of shunning the air and avoiding exercise, closes the pores- the little mouths through which the body breathes, making it impossible to throw off impurities through that channel.~~

~~The proper exercise of mind and body will develop and strengthen all the powers.~~

The proper use of their physical strength as well as of the mental powers, will equalize the circulation of the blood, and keep every

organ of the living machinery in running order.

Sp. T. 352. Inst. Ed. Work. I4.

Judicious exercise will induce the blood to the surface, and thus relieve the internal organs. Brisk, yet not violent exercise in the open air, with cheerfulness of spirits will promote the circulation, giving a healthful glow to the skin, and sending the blood vitalized by the pure air to the extremities.

T. Vol. 2, p. 530.

To The Respiratory System:- By judicious exercise, we may expand the chest.

Christian Education p. 132.

A farmer who is temperate in all his habits usually enjoys good health. His work is pleasant; and his vigorous exercise causes full, deep, and strong inspirations and exhalations, which expand the lungs and purify the blood, sending the warm current of life bounding through arteries and veins.--The student sits day after day in a close room bending over his desk or table, his chest contracted, his lungs crowded. His brain is taxed to the utmost, his body is inactive. He can not take full, deep inspirations; his blood moves sluggishly; his feet are cold, his head hot.-- Let them take regular exercise that will cause them to breathe deep and full, and they will soon feel that they have a new hold on life.

Signs '86, No. 33.

To The Digestive System:- The diseased stomach will find relief by exercise.

T. Vol. 2, p. 530.

Exercise is important to digestion, and to a healthy condition of body and mind.

T. Vol. 2, p. 413.

Digestion will be promoted by physical exercise.

T. Vol. 2, p. 569.

Useful employment would bring into exercise the enfeebled muscles, and would enliven the stagnant blood in the system, and would arouse the torpid liver to perform its work.

Health Reformer p. 240.

RESULTS FROM LACK OF EXERCISE:

General Statements:- I frequently turn from the bedside of these self made invalids, saying to myself, dying by inches, dying of indolence, a disease which no one but themselves can cure.

Health Reformer p. 240.

Neglecting to exercise the entire body, or a portion of it, will bring on morbid conditions.

T. Vol. 3, p. 76.

The bloom of health fades from their cheeks, and disease fastens upon them, because they are robbed of physical exercise, and their habits are perverted generally.

T. Vol. 3, p. 158.

To The Nervous System:- Continued inactivity is one of the greatest causes of debility of body and feebleness of mind.

T. Vol. 2, p. 524.

To The Circulatory System:- Inaction of any of the organs of the body will be followed by decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood vessels.

T. Vol. 3, p. 76.

In what contrast to the habits of the active farmer are those of the student who neglects physical exercise.--his blood moves sluggishly;

his feet are cold; his head hot. How can such a person have health.

Signs '86, No. 33.

The studied habit of ~~avoiding air and~~ shunning the air and avoiding exercise, closes the pores- the little mouths through which the body breathes-making it impossible to throw off impurities through that channel. The burden of labor is thrown upon the liver, lungs, kidneys and etc., and these internal organs are compelled to do the work of the skin.

T. Vol. 2, p. 524.

The blood is not enabled to expell impurities as it would if actual circulation were induced by exercise.

T. vol. 2, p. 539.

TO THE DIGESTIVE SYSTEM:- In some cases, want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have become enfeebled for want of use will be strengthened by exercise.

T. Vol. 3, p. 76.

Moderate exercise every day will impart strength to the muscles which without exercise become flabby and enfeebled.

T. Vol. 2, p. 533.

If invalids would recover health, they should not discontinue physical exercise; for they will thus increase muscular weakness and general debility. Bind up the arm and permit it to remain useless, even for a few weeks, then free it from its bondage, and you will discover that it is weaker than the one you had been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system.

T. Vol. 2, p. 529.

MANUAL TRAINING.

If all our workers were so situated that they could spend a few hours each day in out door labor, and felt free to do this, it would be a blessing to them; they would be able to discharge more successfully the duties of their calling.

Gospel Worker, p. 173.

Manual occupation for the youth is essential for the youth---The proper exercise of mind and body will develop and strengthen all the powers. Both mind and body will be preserved, and will be capable of doing a variety of work. Ministers and teachers need to learn in regard to these things, and they need to practice as well.

Sp. 9. p. 352. Inst. Ed. work p 14

The people of this country have so little appreciation of the importance of industrious habits that the children are not educated to do real earnest work. This must be a part of the education given to the youth.--- We need schools to educate children and youth that they may be masters of labor, and not slaves of labor. Ignorance and idleness will not elevate one member of the human family. Ignorance will not lighten the lot of the hard toiler. ~~Let~~ the workers see what advantage he may gain in the humblest occupation, by using the ability God has given him as an endowment. Thus he can become an educator, teaching others the art of doing work intelligently.---The Lord wants the physical strength, and you can reveal your love for him by the right use of your physical powers, doing the very work which needs to be done. --- There is science in the humblest kind of work, and if all would thus regard it, they would see nobility in labor. ---- Let the educated ability be employed in devising improved methods of work. This is just what the Lord wants. There is honor in any class of work that is essential to be done. Let the law of God be made the standard of action, and it ennobles and sanctifies all labor.--We are not to be dwarfed in any

kind of service for God. Whatever he has lent us is to be used intelligently for him. The man who exercises his faculties will surely strengthen them; but he must seek to do his best. There is need of intelligence and educated ability to devise the best methods in farming, in building, and in every other department, that the worker may not labor in vain.

Sp. T. 345. Inst. Ed. Work p 5-7.

Your means could not be used to better advantage than in providing a workshop furnished with tools for your boys, and equal facilities for your girls. They can be taught to love labor.

Health Reformer, p. 38.

Agriculture will open resources for self-support, and various other trades also could be learned. This real earnest work calls for a strength of intellect as well as muscle. Method and tact are required even to raise fruit and vegetables successfully. And habits of industry will be found an important aid to the youth in resisting temptation. Here is open the field to give vent to their pent up energies, that, if not expended in useful employment, will be a continual source of trial to themselves and to their teachers. Many kinds of labor adapted to different kinds of persons may be devised. But the working of the land will be a special blessing to the workers.--This knowledge will not be a hindrance to the education essential for business or for usefulness in any line.. The develop the capacity of the soil requires thought and intelligence.

Sp. T. 353 , Inst. Ed. Work p 15.

Agriculture should be advanced by scientific knowledge.

Signs 196, No. 32.

Students sent to school for the purpose of receiving an education to become evangelists, ministers, and missionaries to foreign country have received the idea that amusements are essential to keep them in physical health, when the Lord has presented before them that the better

way is to embrace in their education manual labor in place of amusement. ---This education, in felling trees, tilling the soil, as well as in literature, is the education our youth should seek to obtain. Farther on a printing press should be connected with our schools, in order to educate in this line. Tent making should also be taken hold of. Buildings should be erected, and masonry should be learned. There are also many things which the lady students may engage in. There is cooking, dressmaking, and gardening to be done. Strawberries should be planted, plants and flowers cultivated, and this the lady students may be called out-doors to do. Thus they may be educated to useful labor. Book binding also and a variety of trades should be taken up. These will be putting into exercise bone, brain, and muscle, but will also be gaining knowledge. The greatest curse of our schools is idleness. The students have had a super abundance of this way of passing their time; now they are not prepared to go forth from the school with an all-round education. The proper cooking of food is the most essential requirement, especially where meat is not made the staple article of diet. Something must be prepared to take the place of meat. And these foods must be well prepared so that meat will not be desired. Culture on all points of life will make the youth useful after they shall leave the school to go to foreign countries. They will not then have to depend upon the people to whom they go to cook and sew for them, or to build their habitations. And they will be much more influential if they show that they are educated how to do labor with the best methods and to produce the best results. This will be appreciated where means are difficult to obtain. They will reveal that missionaries can become educators in teaching how to labor. A much smaller fund will be required to sustain such missionaries, because they have put to the very best use their physical powers in useful practical labor combined with their studies. And wherever they may go, all that they have gained in this line will give

give them standing room. It is also essential to understand the philosophy of medical missionary work. Wherever the student may go they need education in the science of how to treat the sick; for this will give them a welcome in any place, because there is suffering of every kind in every part of the world. Education true education means much.

P. O. p. 312. Dec. 20, '97.

CRANE'S

-----HYGIENE OF THE HOME AND PREMISES-----

Dwellings if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.

How to Live 4:64.

If every family realized the beneficial results of thorough cleanliness, they would make special efforts to remove every impurity from their persons, and from their houses, and would extend their efforts to their premises. ~~They are not awake to the influence of these things.~~

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from the decayed substances an effluvia that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by the decaying substances.

How to Live 4 : 61.

Stubborn fevers and violent diseases have prevailed in neighborhoods, and towns, that had formally been considered healthy, and some have died while others have been left with broken constitutions to be crippled with disease for life. In many instances their own yards contain the agent of destruction, which sent forth deadly poison into the atmosphere to be inhaled by the family, and the neighborhood. The slackness and recklessness sometimes witness, is beastly, and the ignorance of the results of such things upon health is astonishing. Such places should

be purified, especially in summer, by lime, or ashes, or a daily burial with earth .

How to Live 4:62.

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 sufficiently through. 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~~ atmosphere. A yard beautified 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 4: 64.

Rooms that are not exposed to light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms are 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 healthy by light and air. Blinds should be left open several hours every day, 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 4: 62.

Sleeping apartments should be large and so arranged as to have a circulation of air through them, day and night.

How to Live 4:63.

Rooms that are not 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 an airing for months, and has not had 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 be thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventative of disease---if all would appreciate the sunshine, and expose every article of clothing to its drying purifying rays, mildew and mould would be prevented. The confined air of unventilated rooms needs us with sickening odors of mildew and mold, and the impurities that are exhaled by its inmates.---The emanations from damp moldy rooms and clothing are poisonous to the system.

Health Reformer p. 245, 246.

HYGIENE OF THE PERSON:- Strict habits of cleanliness should be observed. Many, while well, will not take the trouble to keep in a healthy condition.. They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed, and fre-

quently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. 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 a fever and what is termed disease.

How to Live 4:60.

In regard to cleanliness, God requires no less of his people now, than he did of ancient Israel. A neglect of cleanliness will induce disease.

How to Live 4:61.

The ten commandments spoken by Jehovah from Sinai cannot live in the hearts of persons of disorderly filthy habits. If ancient Israel could not so much as listen to the proclamation of that holy law, unless they had obeyed the injunction of Jehovah, and had cleansed their clothing, how can that sacred law be written upon the hearts of persons who are not cleanly in person, in clothing, or in their houses? It is impossible. Their profession may be as high as heaven, yet it is not worth a straw. -T- All who meet upon the Sabbath to worship God should, if possible, have a neat, well fitting, comely suit to wear in the house of worship. It is a dishonor to the Sabbath, and to God and his house, for those who profess that the Sabbath is the holy of the Lord, and honorable, to wear the same clothing upon the Sabbath that they have worn through the week while laboring upon their farms, when they can obtain other.

How to Live 6:50.

HYGIENE FOR CHILDREN:-

General Statements:- Several instances have come under my notice where children are being murdered by inches by the mistaken kindness of parents.

Health Reformer '66, No. 13.

The calm, self possessed course the mother pursues in the treatment of her child has very much to do in molding the mind of the infant. If it is nervous and easily agitated, the mother's unhurried careful manner will have a soothing and correcting influence, and the health of the infant can be very much improved.

How to Live 2: 39.

Diet:- It has ever appeared to me to be cold, heartless business, for mothers who can nurse their children, to turn them from the maternal breast to the bottle. In that case the greatest care is necessary to have the milk from a healthy cow, and to have the bottle, as well as the milk, perfectly sweet. This is frequently neglected, and as the result, the infant is made to suffer needlessly. Disturbances of the stomach and the bowels are liable to occur, and the much-to-be-pitied becomes diseased, if it were healthy when born.

Health Reformer p. 7.

Mothers sometimes depend upon an hireling,--A stranger performs the duties of the mother, and gives from her breast the food to sustain life. Her is this all. She also imparts her temper and her temperament to the nursing child. The child's life is linked to hers. If the hireling is a coarse type of woman, passionate, and unreasonable; if she is not careful in her morals, the nursing will be, in all probability, of the same, or similar type. The same coarse quality of blood, coursing in the veins of the hireling nurse, is in that of the child.

Health Reformer p. 6.

Children also are fed too frequently, which produces fever and suffering in various ways. The stomach should not be kept constantly at work but should have its periods of rest. Without it children will be peevish and irritable and frequently sick.

Health Reformer '66, No. 18.

The first education that children should receive from the mother in infancy should be in regard to their physical health. They should be allowed only plain food, of that quality that will preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three. If children are disciplined aright, they will soon learn they can receive nothing by crying and fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end, she will teach her children the important lesson of controlling the appetite, and of self denial, that they should eat, drink, and dress in reference to health.

How to Live 2:47.

It is much easier to create an unnatural appetite than to correct and reform the taste after it has become second nature.-- Meat given to children is not the best thing to insure success.--To educate your children to subsist upon a meat diet would be harmful to them. --- Highly seasoned meats, followed by rich pastry, is wearing out the vital organs of the digestion of children. Were they accustomed to plain wholesome food, their appetites would not have craved unnatural luxuries and mixed preparations.

P. C. P. (274) Nov. 5, '96.

Fresh Air:- 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 infants 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 and invigorating atmosphere. No disagreeable should remain in the nursery, or about the child, such things are more dangerous to the feeble infant than to grown persons.

How to Live Chap. 5:66.

But there is a greater evil than those already named. The infant is exposed to a viciated air, caused by many breaths, some of which are very offensive and injurious to the strong lungs of older people. The infant lungs suffer, and become diseased by inhaling the atmosphere of a room poisoned by the tobacco users tainted breath. Many infants are poisoned beyond remedy by sleeping in beds with their tobacco using fathers. By inhaling the poisonous tobacco affluvia, which is thrown ~~from~~ from the lungs and the pores of the skin, the system of the infant is filled with poison. While it acts upon some as a slow poison, and affects the brain, liver, heart and lungs, and they waste away and fade gradually, upon others, it has a more direct influence, causing spasms, fits, paralysis, palsy, and sudden death.

How to Live 5: 66.

Dress:- The garments are made extravagantly long, and in order to keep them on the infant, its body is girded with tight bands or waists, which hinder a free action of the heart and lungs. Infants are also

compelled to bear a needless weight because of the length of their garments, and thus clothed, they do not have free use of their muscles, and limbs. Mothers have thought it necessary to compress the bodies of their infant children to keep them in shape, as though fearful without tight bandages, they would fall in pieces, or become deformed. Do the animal creation become deformed because nature is left to do her own work? Do the little lambs become deformed because they are not girded about with bands to give them shape? They are delicately and beautifully formed? Human infants are the most perfect, and yet the most helpless, of all the Creator's handi-work, and, therefore, their mothers should be instructed in regard to physical laws, so as to be capable of rearing them with physical, mental, and moral health. Mothers, nature has given your infants forms which need no girds or bands to perfect them. God has supplied them with bones and muscle sufficient for their support, and to guard nature's fine machinery within, before committing it to your care. The dress of the infant should be so arranged that its body will not be in the least compressed after taking a full meal. ---Another great cause of mortality among infants and youth, is the custom of leaving their arms and shoulders naked. This fashion cannot be too severely censured. It has cost the life of thousands. The air, bathing the arms and limbs, and circulating about the arm pits, chills these sensitive parts of the body, so near the vitals, and hinders the healthy circulation of the blood, and induces disease, especially of the lungs and brain.

How to Live Ch. 5: 67-69.

Mothers who dress their children in accordance with fashion, endanger their health and life. Fashion leaves the limbs of children unclad, save with one covering, or, at most, two. If they are exposed to the

chill autumn, spring and winter weather, their limbs are bathed in a current of cold air. Over the heart, where is the greatest amount of vitality, there are from four to eight coverings. These unclad limbs and feet become habitually cold. While traveling, it is customary to see little girls dressed fashionably, but not healthfully. The upper portions of the body are abundantly clothed with warm cloaks, and over these are furs, while the limbs are scarcely covered. ---Christian mother why do you clothe your daughter as comfortably and as properly as you do your sons? ---His limbs are protected from three to five thicknesses; hers, by only one. Is she feebler? Then she needs the greater care. Is she indoors more, and, therefore, less protected against cold and storm? Then she needs double care.

Health Reformer, p. 38, 37.

Societies are formed in our cities for the prevention of cruelty to dumb animals. It would be well to go still farther, and, in as much as accountable intelligences, capable of obtaining life eternal, are of more value than the dumb beasts, there is greater need of societies to prevent the cruelty of mothers in dressing their darling little girls in a manner to sacrifice them at the shrine of cruel fashion.

Health Reformer, p. 38.

Drugs:- There is a disposition with many parents to keep up a perpetual dosing of their children with medicine. They will always have a supply on hand, and when any slight indisposition is manifested, caused by overeating or exhaustion, the medicine is poured down their throats, and if that does not satisfy them they send for the doctor. --The child is drugged to death and the parents console themselves that they have done all they could for their children and wonder why they must die when they did so much to save them. -- Upon the grave stone of that child

child should be written, "Died Of Drug Medication."

Health Reformer '66, No. 19.

But now the doctor must be sent for, and if the little patient lives through the terrible ordeal he prescribes, the credit is given to his skill, when the only reason they lived was because they had a stronger hold on life than most such small members of the human family have.

Health Reformer '66, No. 20. 20.

Schools:- Many mothers feel that they have not time to instruct their children, and in order to get them out of the way, and get rid of their noise and trouble, they send them to school. The school room is a hard place for children who have inherited enfeebled constitutions. School-rooms have not been constructed in reference to health, but in regard to cheapness. The rooms have not been arranged so they could be ventilated as they should have been without exposing the children to severe colds. And the seats have seldom been made so that the children could sit with ease, and keep their little, growing frames in a proper posture to insure healthy action of the lungs and heart. Young children can grow into almost any shape, and can, by habits of proper exercises and positions of the body, obtain healthy forms. It is destructive to the health and life of young children for them to sit in the school-room, upon ill formed benches, from three to five hours a day, inhaling the impure air caused by many breaths. The weak lungs become affected, the brain, from which the nervous energy of the whole system is derived, becomes enfeebled by being called into active exercise before the strength of the mental organs is sufficiently matured to endure fatigue. In the school-room has been too surely laid for diseases of various kinds. But, more especially, the most delicate of all organs, the brain, has

often been permanently injured by too great exercise. This has often caused inflammation, then dropsy of the head, and convulsions with their dreaded results--of those children who have apparently had sufficient force of constitution to survive this treatment, there are very many who carry the affects of it through life. The nervous energy of the brain becomes so weakened, that after they have come to maturity, it is impossible for them to endure much mental exercise. The force of some of the delicate organs of the brain seems to be expended---- During the first six or seven years of the child's life special attention should be given to its physical training, rather than the intellect. After this period, if the physical constitution ~~is~~ is good, the education of both should receive attention--Parents, especially mothers, should be the only teachers of such infant minds. They should not educate from books. The children generally will be inquisitive to learn the things of nature. They will ask questions in regard to the things they see and hear, and parents should improve the opportunity to instruct, and patiently answer, these little enquiries.

How to Live Ch. 2: 42, 44.

-----HYGIENE OF MOTHERHOOD-----

GENERAL STATEMENTS:- It is an error generally committed to make no difference in life of a woman previous to the birth of her children.

T. Vol. 2, p. 381.

In past generations, if mothers had informed themselves in regard to the laws of their being, they would have understood that their constitutional strength, as well as the tone of their morals, and their mental faculties, would in a great measure be represented in their offspring. Their ignorance upon this subject, where so much is involved is criminal.

Many women never should have become mothers. Their blood was filled with scrofula transmitted to them from their parents, and increased by their gross manner of living. The intellect has been brought down and enslaved to serve the animal appetites, and children come born of such parents, have been poor sufferers, and are but of little use to society. -- Wives and mothers who otherwise would have had a beneficial influence upon society, in raising the standard of morals, have been lost to society through multiplicity of home cares---In consequence of too frequent child bearing. She has been compelled to needless suffering, her constitution has failed, her intellect has become weakened by so great a draught upon her vital resources.---And if the mother, before the birth of her offspring, had always possessed self control, realizing that she was giving the stamp of character to future generations, the present state of society the present state of society would not be so depreciated in character as at the present time. Every woman, about to become a mother, whatever may be her surroundings, should encourage constantly a happy, cheerful, contented disposition, knowing that for all her efforts in this direction she will be paid ten fold in the physical, as well as the moral character of her offspring.

How to Live ch. 2: 37, 38.

Great care should be exercised to have the surroundings of the mother pleasant and happy. -- Not half the care is taken of some women while they are bearing children, that is taken of the animals in the stable.

T. Vol. 2, p. 383.

TOIL:- The mother, in many cases to the birth of her children, is permitted to toil early and late, heating her blood,---Her strength should have been tenderly cherished---Her burdens and cares are seldom

lessened, and that period, which should be to her of all others, a time of rest is one of fatigue, sadness, and gloom. By too great exertion on her part she deprives her offspring that part of nutriment which nature has provided for it, a-bad and by heating her blood she imparts to it, a bad quality of blood. The offspring is robbed of its vitality, robbed of physical and mental strength.

How to Live ch. 2: 33.

Many mothers, while nursing their infants, have been permitted to over labor, and to heat their blood in cooking, and the nursing has been seriously affected, not only with fevered nourishment from the mother's breast, but its blood has been poisoned by the unhealthy diet of the mother, which has fevered her whole system thereby affecting the food of the infant. The infant will also be affected by the condition of the mother's mind. If she is unhappy, easily agitated, irritable, giving vent to outbursts of passion, the nourishment the infant receives from its mother, will be inflamed, often producing colic, spasms, and, in some instances, causing convulsions and fits.

How to Live 2:39.

Diet:- At this important period the labor of the mother should be lightened. Great changes are going on in her system. It requires a greater amount of blood, and there an increase of food of the most nourishing quality to convert into blood. Unless she has an abundant supply of nutritious food, she can not retain her physical strength, and her offspring is robbed of vitality---There will be an inability in the offspring to appropriate food which it can convert into good blood to nourish the system. ----The extra draught upon the vitality of the mother must be considered and provided for.

T. Vol. 2, p. 381, 382.

But, on the other hand, the idea that women, because of their special condition, may let the appetite run riot, is a mistake based on custom, but not on sound sense. The appetite of women in this condition may be variable, fitful, and difficult to gratify; and custom allows her to have anything she may fancy, without consulting reason as to whether such food can supply nutrition for her body and for the growth of her child. The food should be nutritious and should not be of an exciting quality. Custom says that if she wants flesh meat, pickles, spiced food, or mince pies, let her have them; appetite alone is to be consulted. This is a great mistake, and does much harm. The harm can not be estimated. If ever there is need of simplicity of diet and special care as to the quality of food eaten it is at this important period. Women who possess principle and who are well instructed, will not depart from simplicity of diet at this time of all others. They will consider that another life is dependent upon them, and they will be careful in all their habits, and especially in diet.

T. Vol. 2, p. 382.

From the food the mother was compelled to receive she could not furnish a good quality of blood and therefore gave birth to children filled with humors.

T. Vol. 2, p. 379.

Her system craved material to convert into blood; but he would not provide it. A moderate amount of milk and sugar, a little salt, white bread raised with yeast for a change, graham flour prepared in a variety of ways by other hands than her own, plain cake with raisins, rice pudding with raisins, prunes, and figs, occasionally, and many other dishes I might mention, would have answered the demand of appetite. If he

could not obtain some of these things, a little domestic wine would have done her no injury; it would have been better for her to have it than to do without it. I

T. Vol. 2., p. 384.

Clothing:- Her clothing also demands attention. Care should be taken to protect the body from ~~the~~ a sense of chilliness. She should not call vitality unnecessarily to the surface to supply the want of sufficient clothing. ---The prosperity of mother and child depends much upon good, warm clothing, and a supply of nourishing food.

T. Vol. 2, p. 282.

Very many children are born with their blood tainted with scrofula through the wrong habits of the mother in her eating and dressing. The very many miscarriages that now occur may generally be traced to fashionable dress.

Health Reformer 16.

-----HYGIENE OF THE SICK ROOM-----9-----

GENERAL STATEMENTS:- When we do all we can on our part to have health, then we may expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health .

How to Live 4:64.

Thousands have died for want of pure water, and pure air, who might have lived.---These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to airing their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence.

How to Live 4:56.

If those who are well need the blessings 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 4:60.

Ventilation:- It is also of the greatest importance that the sick-room, from the first, be properly ventilated. This will be beneficial to the afflicted, and highly necessary to keep those well who are compelled to remain a length of time in the sick room.

How to Live 4: 54.

There is a lamentable catalogue of evils which have their origin in the sick-room, from which the pure air of heaven is excluded. All we breath this poisonous atmosphere violate the laws of their being, must suffer the penalty.

How to Live 4:58.

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 very 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.---The sick-room, if possible, should have a draught of air through it day and night. The draught should not come directly upon the invalid. W.

How to Live 4: 59.

In pleasant weather the sick in no case should be deprived of a full supply of fresh air. --- Fresh air will prove more beneficial to the sick than medicine, and is far more essential to them than their food. They will do better, and recover sooner, deprived of food, than of fresh air.--Their rooms may not always be so constructed as to allow the windows or doors open in their rooms, without the draught coming direct-

ly upon them, exposing them to take cold. In such cases windows and doors should be opened in an adjoining room and thus let the fresh air enter the room occupied by the sick.

How to Live 4:55.

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.

How to Live 4:60.

Temperature:- It is of great value to the sick to have an even temperature in the room. This can not always be correctly determined if left to the judgment of the attendants, for they may not be the best judges of the ~~correct~~ temperature. And some persons require more heat than others, and would be only comfortable in a room which to another would be uncomfortably warm. And if each of these are at liberty to arrange the fires, to suit their ideas of proper heat, the atmosphere in the sick room will be anything but regular, sometimes it will be distressingly warm for the patient; and at another time it is too cold, which will have a most injurious effect upon the sick. The friends of the sick, or attendants, who through anxiety, and watching, are deprived of sleep, and who are suddenly awakened in the night from sleep to attend in the sick room, are liable to chilliness. Such are not correct thermometers of the healthful temperature of the sickroom. These things may appear of small account but they have very much to do with the recovery of the sick. In many instances life has been periled by extreme changes of the temperature of the sick-room.

How to Live 4:54, 55.

While burning fevers are raging, there is but little danger of taking cold, but especial care is needful when the crisis comes and

fever is passing away. Then constant watching may be necessary to keep vitality in the system.

How to Live 4:60.

She has lived in the hot air so much that she can not endure the exposure of a ride out of doors without realizing a change.-- The heated oppressed atmosphere deprived of vitality benumbs the sensitive brain.

T. Vol.I, p. 701, 702.

Cleanliness:- If fevers enter a family, often more than one have the same fever. This need not be, if the habits of the family are correct. Is their diet is as it should be and they observe habits of cleanliness and realize the necessity of ventilation the fever need not extend to another member of the family. The reason of fevers prevailing in families, and exposing the attendants, is because the sick room is not kept free from poisonous infection, by cleanliness and proper ventilation.

How to Live 4:57.

Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances an affluvia that is poisoning the air, by inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances.

How to Live 4:61.

Quiet:- All unnecessary noise and excitement should be avoided in the sick-room, and the whole house kept as quiet as possible. -Ignorance, recklessness, and forgetfulness, have caused the death of

many who might have lived, had they received proper care from judicious, thoughtful attendants. The door should be opened and shut with great care, and the attendant should be unhurried, calm, and self possessed.

How to Live 4: 59.

Much harm has resulted to the sick from the universal custom of ~~have~~ having watchers, ~~at~~ nights. In critical cases this may be necessary; but it is often the case that more harm is done the sick by this practice ~~th~~ 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, ~~with~~ but more frequently in whisperd tones, which is far more trying and exciting to the nerves of the sick than talking loud.-- Attendants upon the sick should if possible leave them to quite ~~andrest~~ throught the night, while they occupy the room adjoining. The sick as a general thing are taxed with too many visitors and callers, who chat with them, and weary them by introducing different topics of conversation, when they need quite, and undisturbed rest. --It is mistaken kindness that ~~leads~~ leads so many, out of courtesy, to visit the sick. Often have they spent a sleepless suffering night, after receiving visitors. They have been more or less excited, and the reaction has been too great for their already debilitated energy, and, as the result of these fashionable calls they have been brought into very dangerous conditions, and lives have been sacrificed for the want of thoughtful prudence.---In very many instances these fashionable calls have turned the scale when the invalid was recovering, and the balance has borne down to death. Those who can not make themselves useful should be cautious in regard to visiting the sick.

How to Live 4:58.

-----THE DIGESTIVE SYSTEM-----

PHYSIOLOGY OF: ↓ Their bodies are composed of what they eat.

T. Vol 3, p. 63.

Anything which is taken into the stomach and converted into blood, becomes a part of the being.

T. Vol. 4, P. 141.

From the food the mother was compelled to receive, she could not furnish a good quality of blood, and therefore gave birth to children filled with humors.

T. Vol. 2, p. 379.

The benefit you derive from your food does not depend so much on the quantity eaten as its thorough digestion, nor the gratification of the taste so much on the amount of food swallowed as on the length of time it remains in the mouth. -- Eat slowly, and allow the saliva to mingle with the food. -- Those who are excited, anxious, or in a hurry, can not supply the necessary gastric juice. Ther

Review & Herald '84, No. 31.

Thorough mastication is a benefit to both the teeth and the stomach.

Review & Herald '83, No. 19.

The brain is closely connected with the stomach, and its power has so often been called to aid the weakened digestive organs that it is in its turn weakened, depressed, congested.

T. Vol. 2, p. 318.

It is important that we relish the food we eat. If we can not do this, but eat mechanically, we fail to be nourished and built up as we would be if we could enjoy the food we take into the stomach.

T. Vol. I, p. 682.

Immediately after eating there is a strong draught 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 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.

T. Vol. 2, p. 413.

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. After the stomach, which has been over taxed, has performed its task, it becomes exhausted, which causes faintness. --- The stomach becomes weary by being kept constantly at work, --having no time to rest, the digestive organs become effebled, hence the sense of "goneness," and desire for frequent eating.--The stomach must have its regular periods for labor and rest.

General Statement.-

How to Live I:56.

CAUSES OF THE DISEASES OF DIGESTION:- This organ has a controlling power upon the health of the entire body. If the stomach is diseased, the brain nerves are in strong sympathy with the stomach.

Health Reformer p. 12.

Hasty Eating:- In order to have health digestion food should be eaten slowly. Those who wish to avoid dyspepsia, and those who realize their obligation to keep all their powers in the condition which will enable them to render the best service to God, will do well to remember this. If your time is limited, do not bolt your food, but eat less, and eat slowly.--Those who are excited, anxious, or in a great hurry, would not will not to eat until they have found rest and

relief; for the vital powers, already severely taxed, cannot supply the necessary supply of gastric juice. --- Eat slowly and allow the saliva to mingle with the food.

Review & Herald '84, No. 31.

Drinking At Meals--Liquid Foods:- Food should not be washed down; no drink is needed with meals--the more liquid there is taken into the stomach with meals the more difficult it is for the food to digest; for the liquid must first be absorbed. --Many make a mistake in drinking cold water with their meals. Taken with meals water diminished the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drank with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again.

Hot drinks are debilitating; and beside, those who indulge in their use become slaves to the habit. --But if anything is needed to quench thirst, pure water drank some little time before or after the meal is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquor. Water is the best liquid possible to cleanse the tissues.

Soups, puddings, and other articles of the kind, are often eaten too hot, and as a consequence the stomach is debilitated. Let them become partly cool before they are eaten.

Review & Herald 1884, No. 31.

To eat largely of porridge would not insure health to the digestive organs; for it is too much like liquid.

Youth's Instructor, May 31, '94.

For those who can use them, good vegetables prepared in a healthful manner, are better than soft mushes or porridge.

P. C. 320. Jan. 11. '97.

Too Frequent Eating:- A second meal should never be eaten until the stomach has time to rest from the labor of the preceding meal.

How to Live I:55.

After it has done its work for one meal do not crowd more work upon it before it has had a chance to rest, and before a sufficient supply of gastric juice is provided. Five hours at least should be given between each meal, and always bear in mind that if you would give it a trial you would find that two meals would be better than three.

P. C. (250) Aug. 30, '96.

If a third meal be eaten at all it should be light, and several hours before going to bed. But with many, the poor tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion, again to perform the same round of labor through the sleeping hours. The sleep of such is generally disturbed with unpleasant dreams, and in the morning they wake unrefreshed there is a sense of languor and loss of appetite. A lack of energy is felt through the entire system. In a short time the digestive organs are worn out, for they have had no time to rest. These become miserable dyspeptics and wonder what has made them so. The cause has brought the sure result. If this practice is indulged in a great length of time the health will become seriously impaired. The blood becomes impure, the complexion sallow, and eruptions will frequently appear. You will often hear complaints from such, of frequent pains and soreness in the region of the stomach, and while performing labor, the stomach becomes so tired that they are obliged to desist from work, and rest. They seem to be at a loss to account for this state of things; for, setting this aside, they are apparently healthy.--After the stomach, which has been over taxed, and has performed its task, it becomes exhausted,

which causes faintness. Here many are deceived, and think that it is that want of food that produces such a feeling, and without giving the stomach time to rest, they take more food, which for the time removes the faintness.--The stomach becomes weary by being kept constantly at work disposing of food which is not the most healthful. Having no time for rest, the digestive organs become enfeebled, hence the sense "goneness" and desire for frequent eating.

How to Live F:56.

And the dyspeptic- what has made him dyspeptic is taking this course. Instead of observing regularity, he has let appetite control him, and has eaten between meals.

T. Vol. 2, p. 374.

Gluttonous feasts, and food taken into the stomach at untimely seasons, leave an influence upon every fiber of the system.

Health Reformers p. 86.

Improper Food Combinations:- 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 of human beings. Dumb animals would never eat such a mixture as is often placed in the human stomach. --The richness of food, and the complicated mixtures are health destroying. Highly seasoned meats, followed by rich pastry, is wearing out the vital organs of the digestion of children.

P. C. (273) Nov, 5, '96.

Because it is the fashion, in harmony with morbid appetite, rich cake, pies, and puddings, and every hurtful thing, are crowded into the stomach. The table must be loaded down with a variety, or the depraved appetite can not be satisfied. In the morning, these slaves to

appetite often have impure breath, and a furred tongue. They do not enjoy health, and wonder why they suffer with pains, headaches, and various ills. The cause has brought the sure result.

How to Live I: 67.

Saleratus in any form should not be introduced into the stomach; for the effect is fearful. It eats the coatings of the stomach, cause inflammation, and frequently poisons the entire system.

T. Vol. 2, p. 537.

A hot soda ~~biscuit~~ biscuit ~~is~~ often spread with butter, and eaten as a choice diet; but the feeble digestive organs can not but the abuse placed upon them. P. C. (273) Nov. 5, 1896.

Many do not feel it a matter of duty to try to prepare food properly. This can be done in a simple, healthful, and easy manner, without the use of lard, butter, or flesh meats.

T. Vol. I, P. 681.

You should keep grease out of your food, it defiles any preparation of food you may make.

T. Vol. 2, p. 63.

If we would preserve the best health we should avoid eating vegetables and fruit at the same meal. If the stomach is weak feeble, there will be distress, the brain will be confused, and unable to put forth mental effort. Have fruit at one meal and vegetables at the next.

Youth's Instructor May 31, '94.

I frequently sit down to the tables of the brethren and Sisters and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. Anything

that hinders the active motion of the living machinery, affects the brain very directly. And from the light given me, sugar, when largely use, is more injurious than meat.

T. Vol. 2, p. 307.

Overeating:- Nearly all the members of the human family eat more than the system requires. This excess decays and becomes a putrid mass. --If more food, even of a simple quality, is placed in the stomach than the living machinery requires, this surplus becomes a burden. The system makes a desperate effort to dispose of it and this extra work cause a tired weary feeling. Some who are continually eating call this "all gone" feeling hunger, but it is caused by the overworked condition of the abused digestive organs.

P. C. (246) Aug. 30, '96.

See also T. Vol. 2, p. 412.

Nature is burdened, and endeavors to resist your efforts to cripple her. Chills and fevers are the result of these attempts to rid herself of the burden you lay upon her.

T. Vol. 2, p. 68.

They closely apply their minds to books and eat the allowance of a laboring man. Under such habits, some grow corpulent because the system is clogged. Others become lean, feeble, and weak, because their vital powers are exhausted in throwing off the excess of food, the liver becomes burdened and unable to throw off the impurities in the blood, and sickness is the result.

T. Vol. 3, p. 490.

Often this interference is felt at once in the form of headach and indigestion and colic. A load has been placed upon the stomach that it

cannot care for, and a feeling of oppression comes. The head is confused to stomach is in rebellion. But these results do not always follow overeating. In some cases the stomach is paralyzed no sensation of pain is felt, but the digestive organs lose their vital force. The foundation of the human machinery is gradually undermined, and life, is rendered very unpleasant.

P. C. (248) Aug 30, '96.

The power of the brain is lessened by drawing so heavily upon it to help the stomach get along with its heavy burden.

T. Vol. 2, p. 363.

The brain nerve energy is benumbed and almost paralyzed by over eating.

T. Vol. 2. 214.

Bad Air:-It is seldom that he exercises the adominal muscle in the act of breathing. Stomach, liver, lungs, and brain are suffering for want of deep full inspirations of air, which would electrify the blood and impart to it a bright lively color, in which alone can keep it pure and give tone and vigor to every part of the machinery.

T. Vol. 2, p. 67, 68.

Improper Clothing:- The compression of the waist hinders the process of digestion. The heart, liver, lungs, spleen, stomach, are crowded into a small compass, not allowing room for the healthfu action of these oragans.

Health Reformer p. 16.

When the extremitities are not properly clad-the blood is chilled-to back from itsnatural course and thrown upon the internal organs, breaking up the circulation and producing disease. The stmach has too much blood, causing indigestion.

T. Vol. 2, p. 531.

Mental Condition:- At meal time 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.

Regulate Habits:-

Gospel Worker 174.

TREATMENT FOR DIGESTIVE DISORDERS:- The stomach must have its regular periods of labor and rest--With regular habits, and proper food, the stomach will gradually recover --Efforts should be made to preserve carefully the remaining ~~vital forces~~ strength of the vital forces, by lifting off every overtasking burden. The stomach may never fully recover health, but a proper course of diet will save further debility, and many will recover more or less, unless they have gone very far in gluttonous self-murder.

How to Live E: I: 57.

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 I: 56.

Rest:- The stomach must have careful attention. It must not be kept in continuall operation. Give this minge and much abused organ some peace and quiet and rest.

P. C. (249) Aug. 30, '96.

Exercise:- Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. Vol. 2, p. 520.

T. Vol. 2, p. 520.

The diseased stomach will find relief by exercise.

T. Vol. 2, p. 530.

Air:- He has not had the vitalizing air of heaven to help in the

work of digestion.

T. Vol. 2, p. 374.

Pure fresh air excites the appetite, and renders the digestion of food more perfect and induces sound sweet sleep.

T. Vol. 1, p. 702.

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.

T. Vol. 3, p. 70, 71.

Mental Influence :- The less the attention is called to the stomach is called to the stomach after a meal the better. If you are in constant fear that your food will hurt you, it most assuredly will.

Forget self, and think of something cheerful.

T. Vol. 2, p. 530.

You eat too much, and then you are sorry, and so you keep thinking upon that which you eat and drink. Just eat that which is for the best, and go right away feeling clear in the sight of heaven, and not having remorse of conscience.

T. Vol. 3, p. 374.

-----PHYSIOLOGY OF RESPIRATION-----

The health of the entire system depends upon the health action of the respiratory organs.

How to Live 6:57.

In order to have good blood, we must breathe well.

Health Reformer (p. 14.

The lungs, in order to be healthy, must have pure air.

How to Live 4: 63.

Your lungs, deprived of air, will be like a hungry person deprived of food. Indeed, we can live longer without food than we can without air, which is the food that God has provided for the lungs.

T. Vol. 2, p. 533.

The strength of the system is, in a great degree, dependant upon the amount of pure fresh air we breath. If the lungs are restricted, the quantity of oxigen received into them is also limited, the blood becomes viciated, and disease follows.

Health Reformer 215, 216.

You have not given your body a chance to breathe. The pores of the skin, or the little mouths through which the body breaths, have become clothed and the system has been filled with impurities.

T. Vol. 3, p. 74.

The burden of labor is thrown upon the liver, lungs, kindeys etc. and these internal organs are compelled to do the work of the skin.

T. Vol. 2, p. 524.

Stomach, liver, lungs, and brain are suffering for want of deep, full inspirations of air, which would electrify the blood and impart to it a bright lively color, and which alone can keep pure and give tone and vigor to every part of the living machinery .

T. Vol. 2, p. 67, 68.

It is impossible to go out in the bracing air of a winter's morning without inflating the lungs .

T. Vol. 2, p. 529.

The compression of the waist by tight lacing prevents the waste matter from being thrown off through its natural channels. The most

important of these is the lungs. In order for the lungs to do the work designed, they must be left free, without the slightest compression. If the lungs are cramped they can not develop; but their capacity will be diminished, making it impossible to take a sufficient inspiration of air. The adoninal muscles ~~are~~ ^{are} designed to aid the lungs in their action. Where there is not compression of the lungs, the motion in full breathing will be observed to be mostly of the abdomen.--When tight lacing is practiced the lower part of the chest has not sufficient room ~~for~~ ^{for} action the breathing therefore, is confined to the upper portion of the lungs, where there is not sufficient room to carry on the work, but the lower part of the lungs should have the greatest freedom possible. The compression of the waste will not allow the free action of the muscles of the respiratory organs.

Health Reformer p. 16.

CAUSES OF RESPIRATORY DISEASES:-

Unhygienic Surroundings:- Many suffer decayed vegetable matter to remain about their premises.-There is constantly arising from these decayed substances an affluvia that is poisoning the air. By inhaling the impure air, the blood is poisoned the lungs become affected, and the whole system is diseased.

How to Live 4:61.

If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and agua, sore throat, lung diseases, and fevers will be the result.

How to Live 4:64.

Especially in wet seasons the sleeping rooms become damp, and those who sleep in the beds are trouble with rheumatism, neuralgia, and lung lung complaints, which generally end in consumption. How to Live 4:64.

Room Ventilation:- Many families suffer from sore throat and lung diseases, and liver complaints, brought upon them by their own course of action--they keep their windows and doors closed, fearing they would take cold if there were a crevice to let in the air. 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.

How to Live 4: 63.

For invalids who have feeble lungs, nothing can be worse than an over heated atmosphere.

T. Vol. 2, p. 527.

The heated, oppresses atmosphere, deprived of vitality, benumbs the sensitive brain. The lungs contract, the liver is inactive.

T. Vol. I, p. 702.

Improper Breathing:- Stomach, liver, lungs, and brain are suffering for the want of deep, full inspirations of air, which would electrify the blood and impart to it a bright lively color, and which alone can keep it pure and give tone and vigor to every part of the living machinery.

T. Vol. 2, p. 67, 68.

Improper Use of The Voice:- Speaking from the throat, letting the words come from the upper extremity of the vocal organs, all the time fretting and irritating them, is not the best way to preserve health or to increase the efficiency of these organs.

T. Vol. 2, p. 616.

Loud hallowing-wears out the vocal organs of the speaker.

T. Vol. 2. p. 616.

They injure their vocal organs when it is not called for. This is in consequence of the unnatural position of the body and the manner of

holding the head.

T. Vol. 2, p. 617.

Your dislike for physical taxation, while talking and exercising your throat, make you liable to disease of the throat and lungs.-- You should not let the labor come upon the upper part of the vocal organs, for this will constantly wear and irritate them, and will lay the foundation for disease. The action should come upon the abdominal muscle, the lungs and the throat should be the channel but should not do all the work.

T. Vol. 3, p. 311.

Many speak in a rapid way, and in a high unnatural key, but if they continue such a practice, they will injure the throat and lungs, and as a result of continual abuse, the weak and inflamed organs will become diseased in a serious way, and they will fall into consumption.

Christian Temperance p. 125, 126.

Careful attention should be given to the culture of the voice or many will lie down in untimely graves.

Christian Education, p. 133.

Improper Dress:- The extremities are chilled, --the heart fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities is thrown back upon the lungs and brain, and inflammation and congestion of the lungs or the brain is the result. --If the limbs and feet could have the extra covering put upon the shoulders, lungs and heart, and healthy circulation be induced to the extremities, the vital organs would act their part healthfully, with only their share of clothing. I appeal to you mothers, do you not feel alarmed, and heart sick, in seeing your children pale and dwarfed,

suffering with catarrh, influenza, croup, scrofulous swellings appearing upon the face and neck. Inflammation and congestion of the lungs and brain? Have you studied from cause to effect? Leaving their arms and limbs insufficiently protected, has been the cause of a vast amount of disease and premature deaths. How to Live 5: 72, 73.

A dress thus long gathers dew from the grass-in its bedraggled condition it comes in contact with the sensitive ankles, which are not sufficiently protected, quickly chilling them, and thus endangering health and life. This is one of the greatest causes of catarrh and scrofulous swelling.

T. Vol. I, p. 459.

It is essential to health that the chest should have room to fully expand, so that the lungs may be enabled to take full inspirations of air. Many who have died of consumption might have lived their allotted term of life had they dressed in accordance with the laws of their being. The strength of the system is in a great degree, dependant upon the amount of fresh air breathed. If the lungs are restricted, the quantity of oxygen received into them is also limited, the blood becomes viciated, and disease follows.

How to Live p. 215.

The arms being naked, exposes the infant to constant cold, and congestion of lungs or brain. These exposures prepare the way for the infant to become sickly and dwarfed.

How to Live 5: 71.

Immoderate Eating:- Catarrhal difficulties, kidney disease, headache, and heart troubles, are the result of immoderate eating.

P. C. (246) Aug. 30, '96

Liquor:- By the habitual use of sour cider many bring upon themselves permanent disease. Some die of consumption or fall under the power of apoplexy from this cause alone.

Review & Herald, No. 13, '84.

Drugs:- Every poisonous preparation of the vegetable and mineral kingdoms, taken into the system, will leave its wretched influence, affecting the liver and lungs.

Facts of Biath, p. 140.

Some infants are not strong enough to bear even a trifle of drug poison. --If it recovers, it must bear about more or less in its system the effects of that poisonous drug and it is liable to spasms, heart disease, dropsy on the brain, or consumption.

How to Live 5:70.

Exercise:-

TREATMENT:- Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestion of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.

Health Reformer p. 200.

A walk, even in winter, would be more beneficial to the health, than all the medicine the doctors could 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.

T. Vol. 2, p. 529.

Fresh Air:- The strength of the system is, in a great degree, dependant upon the amount of fresh air you breath.

Health Reformer p. 215.

In the cool of the evening it may be necessary to guard from chilliness by extra clothing, but they should give their lungs air.

T. Vol. 2, p. 527.

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 suffer 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.

T. Vol. 2, p. 530.

The air is the free blessing of heaven, calculated to electrify the whole system.

T. Vol. I, p. 201.

Proper Use Of Voice:-The proper use of the vocal organs will bring benefit to the physical health, and increase your usefulness and influence.

Christian Education. p. 132.

the blood has performed its circuit through the body, and return to the heart it is not the same vigorous warm current which left it. It has been chilled in its passage through the limbs. The heart weakened by too great labor, and poor circulation of poor blood, is then compelled to still greater exertion, to throw the blood to the extremities which are never as healthfully warm as other parts of the body. The heart fails in its efforts, and the limbs become habitually cold; and the blood which is chilled away from the extremities, is thrown back upon the lungs and brain, and inflammation and congestion of the lungs and brain is the result.

How to Live 5:72.

Nervous Control:- The nerves control the circulation of the blood- for instance, your impression that if you bathe you will become chilly. The brain sends this intelligence to the nerves of the body, and the blood-vessels, held in obedience to your will, can not perform their office and ~~produce~~ a reaction after the bath.

T. Vol. 3, p. 69, 70.

You have a determined will, which causes the mind to react upon the body, unbalancing the circulation, and producing congestion in certain organs.

T. Vol. 32, p. 66.

The exercise of the brain is study without corresponding physical exercise, has a tendency to attract the blood to the brain, and the circulation of the blood through the system becomes unbalanced. The brain has too much blood and the extremities too little.

T. Vol. 3, p. 138.

CAUSES OF-

^ DISEASES OF THE BLOOD AND CIRCULATION:-

General Statements:- Those who are not in health have impurities of the blood.

T. Vol. 3, p. 70.

A bad circulation leaves the blood to become impure, and induces congestion of the brain and lungs, and causes diseases of the head, the heart, the liver, and the lungs.

Health Reformer p. 221.

By interrupting the circulation of the blood, the entire system is deranged.

Health Reformer p. 165

The chief if not the only reason why many become invalids is that the blood does not circulate freely, and the changes in the vital fluid which is necessary to life and health do not take place. They have not given their bodies exercise nor their lungs food, which is pure, fresh air. It is therefore impossible for their blood to be vitalized and it pursues its course sluggishly through the system.

T. Vol. 2, p. 525.

Foul blood will surely becloud the moral and intellectual powers, and arouse and strengthen the baser passions of your nature.

T. Vol. 2, p. 404.

Innutrition:- Flesh meats, butter, cheese, rich pastry, spiced food and condiments are freely partaken of by both old and young--the blood making organs can not convert such things into good blood.

Christian Temperance p. 46, 47.

In order to make a good quality of blood, we must have the right kind of food, prepared in a right manner.

T. Vol. I. p. 682.

While fever is raging, food may irritate and excite the blood.

T. V l. 2, p. 384.

Flesh Meats:- Flesh meats will depreciate the blood. Cooked meats with spices, and eat it with rich cakes and pies, and you have a bad quality of blood. The system is too heavily taxed in disposing of this kind of food.

T. Vol. 2, p. 368.

The eating of flesh meats has made a poor quality of blood and flesh. Your systems are in a state of inflammation, prepared to take on disease. You are liable to acute attacks of disease, and to sudden death, because you have not the strength of constitution to rally and resist disease.

T. Vol. 2, p. 61.

Feeding on flesh, the juices and fluids of what we eat, pass into the circulation of our blood--thus a feverish condition is created, we plant the seeds of disease in our own tissue and blood. Then, when exposed to the changes in a malarious atmosphere these are more sensibly felt, also when we are exposed to prevailing epidemics and contagious diseases, the system is not in a condition to resist the diseases.

P. C. (275) Nov. 5, '96.

Subsisting mostly on highly seasoned animal food produces a feverish state of the system, especially if pork is freely used. The blood becomes impure, the circulation is not equalized.

Facts of Faith 126.

Pork although one of the most common articles of diet is one of the most injurious--it would fill the system with scrofula and especially in that warm climate produce leprosy and diseases of various kinds. --
S Swines flesh above all other flesh meats, produces a bad state of the

bloods- It is impossible for the flesh of any living creature to be healthy when filth is their natural element, and when they feed upon every detestable thing. The flesh of swine is composed of what they eat. If human beings will eat their flesh their blood and their flesh will be corrupted by impurities conveyed to them through the swine.

How to Live I:58.

Many die of disease caused wholly by meat eating, yet the world does not seem to be the wiser--It may be doing its work surely upon the system, and yet the person for the time being realize nothing of it.

How to Live I: 59.

Cancers, tumors, and all inflammatory diseases are largely caused by meat eating. Flesh diet can not make good blood.

P. C. (275) Nov. 5, '96.

Impure Air:-If the lungs are restricted, the quantity of oxygen received into them is also limited, the blood becomes viciated, and disease follows.

Health Reformer 216.

For fear of taking cold they persist, from year to year, in having their own way and living in an atmosphere almost destitute of vitality. It is impossible for this class to have a healthy circulation.

T. Vol. 2, p. 526.

Then they can have some idea of the impurities they have conveyed to the blood, through the inhalations of the lungs.

How to Live 4:63

By inhaling the impure air, the blood is poisoned, the lungs become affected and the whole system is diseased.

How to Live 4:61.

Lack Of Exercise:- In action of any of the organs of the body will be followed by decrease in size and strength of the muscles, and will cause the blood to flow sluggishly through the blood vessels.

T. Vol. 3, p. 76.

The blood is not enabled to expell the impurities as it would if active circulation was induced by active exercise.

T. Vol. 2, p. 529.

The exercise of the brain in study, without corresponding physical exercise has a tendency to attract the blood to the brain, and the circulation of the blood through the system becomes unbalanced.

T. Vol. 3, p. 138.

Improper Clothing: Parents who dress their children with their extremities naked or nearly so, are sacrificing the life and health of their children to fashion. If the parts are not so warm as the body, the circulation is not equalized,--The blood is driven to the head, causing headache or nose bleed or there is a sense of fulness about the chest producing cough or palpitation of the heart on account of too much blood in that locality, or the stomach has too much blood causing indigestion -the blood is chilled back from its natural course and thrown upon the internal organs, breaking up the circulation and producing disease.

T. Vol. 2, p. 531.

Look at the tight fitting waists of the dresses of these children-- The heart and liver can not do their work, thus compressed,--look at their limbs unclad except by the slight covering of cotton stockings.--

The air chilles the limbs, the life current is driven back from its natural course, the limbs are robbed of their portion of blood. The blood which should be induced to the extremities, by their being properly

clad, is thrown back upon the internal organs. The lungs are congested, the liver is burdened, by interrupting the circulation of the blood the entire system is deranged.

Health Reformer 165.

The artificial hair and pads covering the base of the brain, heat and excite the spinal nerves centering in the brain. The head should ever be kept cool. The heat caused by the artificials induces the blood to the brain. The action of the blood on the lower or animal organs of the brain, causes unnatural activity, tends to recklessness in morals and the mind and heart is in danger of being corrupted.

Health Reformer p. 11.

Cleanliness:-The impurities of the body, if not allowed to escape, are taken back into the blood, and forced upon the inward organs.

How to Live 4:60.

Heredit:- From the food the mother was compelled to receive, she could not furnish a good quality of blood, and therefore gave birth to children filled with humors, feeble digestive powers, and impoverish blood.

T. Vol. 2, p. 379.

They must have a bad inheritance transmitted to them. Their blood must be filled with scrofulous humors from both parents, especially from the father whose habits have been such as to corrupt the blood and enervate his whole system.

T. Vol. 2, p. 379.

Drugs:- The disease, which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes a more dangerous and deadly

form. The liver, heart, and brain, are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, --These organs, which should be in healthy condition, are enfeebled, the blood becomes impure.

How to Live 3: 61.

HOW IMPROVED:- The more we exercise, the better will be the circulation of the blood--Those who accustom themselves to proper exercise in the open air, will generally have a good and vigorous circulation.

T. Vol. 2, p. 26.

In order to have good blood, we must breath well.

Health Reformer p. 14.

The influence of pure, fresh air is to cause the blood to circulate healthfully through the system.

T. Vol. 1, p. 702.

It refreshes the body and tends to render it strong and healthy,--and induces sound sweet sleep.

To. Vol. p. 702.

The chief if not the only reason why many become invalids, is that the blood does not circulate freely, and the changes in the vital fluid which are necessary to life and health do not take place. They have not given their bodies exercise, nor their lungs food, which is pure fresh air; therefore it is impossible for the blood to be vitalized, and it pursues its course sluggishly through the system.

T. Vol. 2, p. 525.

Pure water to drink and fresh air to breath invigorate the vital organs, purify the blood, and help nature in her task in overcoming the bad conditions of the system.

How to Live 4: 55.

-----S K I N-----

PHYSIOLOGY OF:-

Elimination:- Impurities are constantly and impresently passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter.

How to Live 4: 60.

The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities.

T. Vol. 3, p. 70.

Its million little mouths are closed, because they are clogged by the impurities of the system and for want of air.

T. Vol. I, p. 801.

They breathe the same air over and over, until it becomes impregnated with poisonous impurities and waste matter thrown off from their bodies through the lungs and the skin.

How to Live 4:55.

Absorption:- If the garments worn are not frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. The impurities of the blood, if not allowed to escape are taken back into the blood and forced upon the internal organs.

How to Live 4:60.

Many are ignorant in injuring their health and endangering their life by using cosmetics. --When they become heated--the poison is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone.

Health Reformer 12.

Causes-of

Exercise:-

Brisk yet not violent exercise in the open air with cheerfulness of spirit, will promote the circulation, giving a healthful glow to the skin, and sending the blood vitalized by the pure air to the extremities.

T. Vol. 2, p. 530.

There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved.

T. Vol. 3, p. 78.

Physical labor, a diversion from mental will draw the blood from the brain. The circulation of the blood will be better equalized.

T. Vol. 2, p. 569.

The more we exercise, the better will be the circulation of the blood---Those who accustom themselves to proper exercise in the open air, will generally have a good and vigorous circulation.

T. Vol. 2, p. 525.

Clothing: To secure a good circulation of the current of human life all parts of the body must be suitable clad.

Health Reformer 220.

Bathing:- 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.

T. Vol. 3, p. 70.

A bath properly taken, fortifies against cold, because the circulation is improved, and the blood is brought to the surface, and a more easy and regular flow of the blood to all the blood vessels is obtained.

T. Vol. 3, p. 71.

CAUSES OF THE DISEASES OF:- ~~The-air~~

Pure Air:- The surface of the sick is nearly dead because it has no ⁱⁿ air to breathe. Its million little mouths are closed, because they are clogged by the impurities of the system, and for want of air.

T. Vol. 1, p. 701.

The effects of living in close, ill ventilated rooms are these:-
The body becomes relaxed; the skin becomes sallow; digestion is retarded, and the system is peculiarly sensitive to cold, a slight exposure produces serious disease. Great care should be exercised not to sit in a draught or in a cold room when weary, or when in a perspiration.

T. Vol. 1, p. 703.

For fear of taking cold, they persist, from year to year, in having their own way, and living in an atmosphere almost destitute of vitality.

--The skin becomes debilitated, and more sensitive to any change of the atmosphere. ^{Improper Clothing:-} Additional clothing is put on, and the heat of the room increased. The next day they require a little more heat and a little ~~more~~ more clothing in order to keep perfectly warm; and thus they humor every changing feeling until they have but little vitality to endure any cold. If you add clothing, let it be but little, and exercise, if possible to regain the heat you need.

T. Vol. 2, p. 526.

You have worn too great an amount of clothing, and have debilitated the skin by so doing.

T. Vol. 3, p. 74.

The unnatural heat caused by artificial hair and pads about the head, induces the blood to the brain, producing congestion, and causing the natural hair to fall off, producing baldness.

H
Health Reformer. p.11.

Improper Diet:-The poor tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion--These become miserable dyspeptics, --If this practice be indulged in a great length of time, the health will become seriously impaired. The blood becomes impure, the complexion sallow, and eruptions will frequently appear.

How to Live I: 55, 56.

They complain of headach, their pulse may be firm, and they be full of flesh; yet their sallow skin indicates that they are bilious.

Health Reformer p. 240.

Tea and coffee drinkers carry the marks upon their faces, the skin becomes sallow and assumes a lifeless appearance,. The glow of health is not seen upon the countenance.

T. Vol. 2, p. 65.

Drugs:-This is the effect of calomel.--It frequently manifests itself in tumors, ulcers, and cancers, years after it has been introduced into the system. The

How to Live 3: 59.

And the disease, which the drug was given to cure, may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful, diseased joints, and sometimes in a more dangerous and deadly form.

How to Live 3: 61.

The patient to whom opium had been administered was presented before me, her countenance was sallow, her eyes were restless and glassy.

How to Live 3: 58.

Ladies may resort to cosmetics to restore the tint of the complexion, but they can not thus bring back the glow of feelings to the heart. That which darkens and dinges the skin also clouds the spirit and de-

stroys the cheerfulness and peace of ind.

Health Reformer 216.

COMPENSATORY ACTION OF THE INTERNAL ORGANS:- Those who are not in health have impurities in the blood and the skin is not in a healthy condition.

T. Vol. 3, p. 70.

The studied habit of shunning the air and avoiding exercise closes the pores,- the little mouths through which the body breathes- making it impossible to throw off impurities through that channel. The burden of labor is thrown upon the liver, lungs, kidneys, and etc., these internal organs are compelled to do the work of the skin.

T. Vol. 2, p. 524.

These pores have become clogged and cannot perform the task allotted to them, and so the internal organs have a double task thrown upon them and the whole system is deranged.

Health Reformer '66, No. 20.

TREATMENT:- Air, air, the precious boon 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.

T. Vol. I: p. 702.

Clothing:- If you add clothing, let it be but little, and exercise if possible, to regain the heat you need. If you positively cannot engage in active exercise, warm yourselves by the fire; but as soon as you are warm, lay off your extra clothing and remove from the fire.

T. Vol. 2, p. 526.

Exercise:- If those who can, would engage in some active employment to, take the mind from themselves, they generally would forget that they were chilly and would not receive harm. T. Vol. 2, p. 526.

Bathing:- Bathing frees the skin from the accumulation of impurities which are constantly collecting, and keeps the skin moist and supple,

T. Vol. 3, p. 70.

Twice a week she should take a general bath, as cool as will be agreeable, a little cooler every time, until the skin is toned up.

T. Vol. 1, p. 702.

Upon rising in the morning most persons would be benefited by taking a sponge bath, for it is more or if, more agreeable a hand bath, with merely a wash bowl of water, this will remove impurities from the skin.

How to Live 4: 63.

Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath and to rub them until their bodies are in a glow, this brings the blood to the surface, relieving the brain.

Christian Temperance p. 141.

Bath frequently in pure salt water followed by general rubbing.

How to Live 354.

"Be Thou Clean":- The rough, scaly surface peculiar to leprosy was gone.

Signs '89, No. 2.

-----THE NERVOUS SYSTEM-----

THE PHYSIOLOGY OF:- Each faculty of the mind-- has its distinctive office, and all required to be exercised in order to become properly developed and retain healthful vigor.

T. Vol. 3, p. 77.

The brain is the capitol of the body, the seat of all the nervous forces 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.

T. Vol. 3, p. 69.

The brain nerves which communicate with the entire system are the only mediums through which heaven can communicate with man, and affect his inmost soul. 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.

T. Vol. 2, p. 347.

Any part of the body that is not treated with consideration will telegraph its injury to the brain. The brain from which the nervous energy of the whole system is derived, becomes feeble by being called into exercise before the strength of the mental organs are sufficiently matured to endure fatigue.

How to Live 2: 43.

The nervous system, having been unduly excited, borrowed power for present use from its future resources of strength.

T. Vol. 3, p. 487.

Anything that hinders the active motion of the living machinery, affects the brain very directly.

T. Vol. 2, p. 370.

A calm, clear brain and steady nerve, are dependant upon a well balanced circulation of the blood.

Health Reformer 14.

Examples of Nervous Control:- When the minds of ministers, school teachers, and students are continually excited by study, and the body is allowed to be inactive, the nerves of ~~amotion~~ are taxed, while the nerves of motion are inactive.

T. Vol. 3, p. 390.

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.

To Vol. 2, p. 413.

The very food they place before their children is such as to irritate the tender coats of the stomach. This excitement is communicated to brain through the nerves, and the result is that the animal passions are aroused and control the moral powers. Reason is thus made a servant to the lower qualities of the mind.

T. Vol. 4, p. 81.

This drug poison, opium, give temporary relief from pain, but does not remove the cause of pain, it only stupifies the brain, rendering it incapable of receiving impressions from the nerves. While the brain is thus insensible, the hearing, the taste, and sight are affected. When the influence of opium wears off and the mind arouses from its state of

paralysis, the nerves, which have been cut off from communication with the brain shriek out louder the pains of the system, because of the additional outrage the system has sustained in receiving this poison.

How to Live No. 3, 56.

CAUSES OF NERVOUS DISEASES:}

General Statements:- Anything that hinders the active motion of the living machinery affects the brain very directly.

T. Vol. 2, p. 370.

It is destructive to the health and life of young children for them to sit in the school-room, upon hard ill formed benches, from three to five hours a day, inhaling the impure air caused by many breaths. The weak lungs become affected, the brain from which the nervous energy of the whole system is derived, becomes enfeebled by being called into active exercise before the strength of the mental organs is sufficiently matured to endure fatigue.

In the school-room the foundation has been too surely laid for disease of various kinds. But, more especially, the most delicate organs the brain has often been premanently injured by too great exercise. This has often caused inflammation, then dropsy of the head, and convulsions with their dreaded results. The nervous energy of the brain becomes so weakened, that after they come to maturity, it is impossible for them to endure mental exercise. The force of some of the delicate organs of the brain seem to be expended.

How to Live 2: 43, 44.

Abuse of The Mind:- The mind is ruining which is allowed to be absorbed in story reading. The imagination becomes diseased, and there is a vague unrest, a strange appetite for unwholesome mental food. Thousands are to-day in the insane asylums whose minds became unbalanced

by novel reading, which results in air-castle building and a sickly sentimentalism.

Signs '84, No. 41.

The memory is greatly injured by ill chosen reading, which has a tendency to unbalance the reasoning powers, and to create nervousness, weariness of the brain, and prostration of the entire system.

T. Vol. 4, p. 197.

The exercise of the brain in study, without corresponding physical exercise has a tendency to attract the blood to the brain, and the circulation of the blood through the system becomes unbalanced. The brain has too much blood, and the extremities too little.

Christian Education, p. 9.

Minds are often abused, they are goaded on to madness by persuing one line of thought; the excessive power of the brain power and the neglect of the physical organs create a diseased condition of things in the system.

Sp. T. p. 352.

Doubt, perplexity, and excessive grief, often sap the vital forces and induce nervous disease of a most debilitating and distressing character.

Review & Herald '81, No. 43.

Her mind is becoming unbalanced by the frequent fits of hysteria which she is compelled to witness, and great unhappiness is brought upon all around you. And yet you are capable of controlling your imaginations and overcoming these nervous attacks.

T. No. 32, p. 66.

Irrégular Habits:- The mind does not wear out or break down so

often on account of dilligent employment and hard study, as on account of eating impropper food at impropper times, and of acreless inattentio of the laws of health. ---Dilligent study is not the principle cause of the breaking down of the mental powers. The main cause is impropper diet, irregular meals and a lack of physical exercise. Irregular hours for eating and slæeping sap the brain forces.

Youth Instructor may 31, '94.

Insufficient Air:- Stomach, liver, lungs, and brain, are suffering for want of deep, full inspirations of air.

T. Vol. 2, p. 68.

Nothing is so fruitfyl a cause of disease as depression, gloominess, and sadness. Mental depression is terrible. You all suffer from it. The daughter is fretful, partaking of the spirit of the father; and the heated appressed atmosthpere deprived of vitality, benumbs the sensitive brain.

T. Vol. I, p. 702.

Impropper Dress:- The artificial hair and pads covering the base of the brain, heat and excite the spinal nerves centering in the brain.-- The heat caused by these art-ificials induces the blood to the brain.-- In consequence of the brain being congested its nerves lose their healthy action.--The unnatural heat caused by the artificial deformaties about the head, induces the blood to the brain, producing congestion, .

Health Reformer 4: II.

Their limbs as well as their arms, are left almost naked-- The heart weakened by to great labor-- fails in its efforts, and the limbs become habitually cold, and the blood, which is chilled away from the extremeties is thrown back on the lungs and brain, and inflammation of

and congestion of the lungs ^{and} brain is the result.

How to Live 5: 71, 72.

Errors in diet:- The brain is closely connected with the stomach, and its power has so often been called to aid the weakened digestive organs that it in its turn is weakened, depressed, congested.

T. Vol. 2, p. 316.

The brain nerve energy is benumbed and almost paralysed by over-eating.

T. Vol. 2, p. 414.

Your health is greatly injured by over eating and eating at improper times, this causes a determination of blood to the brain. The mind becomes confused, and you have not the proper control of yourself. You appear like a man whose mind is unbalanced, you make strong moves, are easily irritated, and view things in a exaggerated and perverted light.

T. Vol. 4, p. 502.

If the stomach is burdened with too much food, even of a simple character, the brain force is called to aid the digestive organs. There is a benumbed sensation upon the brain. It is almost impossible to keep the eyes open-- The brain is almost paralyzed in consequence of the amount of food taken.

T. Vol. 2, p. 603.

Nature bears abuse as long as she can without resisting, then she arouses and makes a mighty effort to rid herself of the incumbrances and evil treatments she has suffered. Then come headach, chills, fever, nervousness, paralysis, and other evils too numerous to mention.

T. Vol. 2, p. 69.

Children should not be allowed to eat gross articles of food, such

as pork, sausage, spices, rich cakes and pastry; for by so doing their blood becomes fevered, the nervous system unduly excited, and the morals are in danger of being affected.

T. Vol. 4, p. 41.

Some animals that are brought to the slaughter seem to realize what is to take place, and they become furios, and literally mad. They are killed while in this state, and their flesh prepared for market. Their meat is poisoned and has produced, in those who have eaten it, cramp, convulsions, apoplexy, and sudden death.

How to Live 1:60.

Stimulants:- The appetite for liquor is encouraged by the preparation food with condiments and spices. These cause a feverish state of the system --The effect of such food, to cause nervousness.

Review & Herald 83, No. 44.

Tea produces intoxication.--Tea draws upon the strength of the nerves and leaves them greatly weakened.--When the system is already over taxed and needs rest, the use of tea spurs up nature by stimulation to perform unwanted, unnatural action, and there be lessenes her power to perform and her ability to endure, and her power gives out long before heaven designed they should. Tea is poisonous to the system.--the second effect of tead drinking, is headache, wakefulness, palpitation of the heart, indigestion, trembling of the nerves, and many other evils.

Coffee is in a digree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in that digree that it elevates above par it will exhaust and bring below par. --The ~~stimulus~~ obtained from the use of tea and coffee is sudden, before the stomach has had time to digest them. This shows that what the users of these stimulants call strength is only received by exciting the

nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short lived energy to the entire system. All this is false strength, that we are the worse for having.

Vol. 2, p. 65.

Tobacco is a poison of the most deceitful and malignant kind, having an exciting, then a paralyzing influence upon the ~~body~~ nerves of the body.

Facts of Faith 128.

Tobacco using is a habit which frequently affects the nervous system in a more powerful manner than does the use of alcohol.

T. Vol. 3, p. 562.

While it acts upon some (Infants) as a slow poison and affects the brain, heart, liver, and lungs, and they waste away and fade gradually, upon others, it has a more direct influence, causing spasms, fits, parylisis, palsy, and sudden death.

How to Live 5:68.

A tendency to disease of various kinds, as dropsy, liver complaint, trembling nerves, and a determination of blood to the head, results from the habitually use of sour cider.---Some die of consumption or fall under the power of appoplexy from this disease alone.

Review & Herald '84, No. 13.

Everywhere you may go you will see deformity, disease and imbecility which in very many cases can be traced directly back to the drug poisons.

How to Live 3: 51.

The drugs given to stupify, whatever they may be, derange the nervous system .

How to Live 3: 57.

The liver heart, brain, are frequently affected by drugs, and often all these organs are burdened by disease, and the unfortunate subjects, if they live are invalids for life, wearily dragging out a miserable existence.

How to Live 3: 61.

Witness the mildest protracted influence of Nuxvomica upon the human system. At its introduction, the nervous energy was excited to extraordinary action to meet this drug poison. This extra excitement followed by prostration, and the final result has been paralysis of the nerves. H.

How to Live 3: 58.

Poisonous medicine or something called a soothing cordial---- is poured down the throat of the abused infant. --If it recovers, it must bear about more or less in its system the effects of that poisonous drug, and it is liable to spasm, heat disease, dropsy on the brain, or consumption. Some infants are not strong enough to bear even a trifle of drug poisons, and as nature rallies to meet the intruder, the vital forces of the tender infant are too severely taxed, and death ends the scene.

How to Live 5: 70.

Vice:-Impure thoughts lead to impure actions. -- some are in danger of paralysis of the brain. Already the moral and intellectual powers are weakened and benumbed.

T. Vol. 2, p. 408, 409.

Many sink into an early grave, while others have a sufficient force of constitution to pass this ordeal.---Nature will make them pay the penalty for the transgression of her laws,-- by numerous pains in the system, --neuralgia, - affection of the spine.

TREATMENT:- The head should ever be kept cool.

Fresh Air:-

Health Reformer II.

Air, air, the precious boon 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.

T. Vol. I, p. 702.

Diet:- You were in danger of being stricken down by paralysis, one half of you becoming dead. A denial of appetite is salvation to you,

T. Vol. I, p. 546.

All these breathern need to adhere more strictly and perseveringly to a healthful, spare diet, for all are in danger of congested brains, and paralysis may fell one or more or all of them, if they continue living carelessly or recklessly.

T. Vol. I, p. 588.

Plenty of exercise in the open air, and an abstemious diet, are essential to your health. You should not eat more than two meals a day. If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better from not haven eaten.

T. Vol. 4, p. 502.

You should use the most simple food prepared in the most simple manner, that the fine nerves of the brain be not weakened, benumbed, or paralyzed,

T. Vol. 2, p. 46.

Exercise:- Healthy, active exercise is what you need. This will invigorate the mind. Neither study or violent exercise should be engaged in immediately after a full meal.

T. Vol. 2, p. 413.

Physical labor, a diversion from mental, will draw the blood from the brain.

T. Vol. 2, p. 569.

Morning exercise, in walking in the free, invigorating air of heaven is the surest safeguard, against colds, coughs, congestions of the brain and lungs-- and a hundred other diseases.

Health Reformer p. 200.

The proper exercise of mind and body will strengthen and develop all the powers. Both mind and body will be preserved, and will be capable of doing a variety of work. --The proper use of their physical strength as well as their mental powers, will equalize the circulation of the blood, and keep every organ of the living machinery in running order.-- Every faculty of the mind may be exercised with comparative safety if the physical powers are equally taxed and subject of thought varied. We need a change of employment, and nature is a living healthful teacher.

Sp. T. p. 352. Inst. on Ed Work.
p. 14.

The Bath:- The bath is a soother of the nerves.

T. Vol. 3, p. 70.

Mental Influence:- You have will power, and you should bring it to your aid. You are capable of controlling your imagination and overcoming these nervous attacks.

T. Vol. 32, p. 66 .

Bring to your aid the power of the will, which will resist cold, and will give energy to the nervous system.

T. Vol 2, p. 533.

The Bible:- The bible is a soother of the nerves, and imparts solidity of mind and firm principles. Review & Herald '78, No. 28.

-REFLEX DISTURBANCES-

God himself has formed us with distinctive organs and faculties. These he designs should act together in harmony. If we injure one all are affected.

Health Reformer. 37.

Anything that hinders the active motion of the living machinery, affects the brain very directly.

T. Vol. 2, p. 370.

Every wron habit which injures the health of the body, reacts in affect upon the mind.

Health Reformer p. 216.

The brain is the citidal 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 diciplin. Any part of the body that is not treated with consideration will telegraph its injury to the brain.

Christain Education 125.

It is impossible for the brain to do its best work when the digestive powers are used. many eat hurriedly of various kinds of food, which set up a war in the stomach, and thus confuse the brain.-- At meal time cast off care and taxing thoughts 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 Worker, p. 174.

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. Vol. 2,

T. Vol. 2, p. 413.

What the users of these stimulants call strength, is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart.

T. Vol. 2, p. 65.

Those who are changing from three meals a day, to two, will at first be troubled more or less with faintness, especially about the time they have been in the habit of eating the third meal.

How to Live No. 1, p. 56.

AUTO- INTOXICATION.

The more active the circulation the more free will be the blood from obstructions and impurities.

Health Reformer, 45.

Water is the best liquid possible to cleanse the tissues.

Review & Herald 1884, No. 31.

That which darkens and dinges the skin also clouds the spirits and destroys the cheerfulness and peace of mind.

Health Reformer 216.

Impurities are constantly and imperceptible passing from the body, through the pores.--And if the garments worn are frequently cleansed from these impurities, the pores of the skin absorb again the waste matter thrown off. 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.

How to Live 4:60.

If physical exercise were combined with mental exertion, the blood would be quickened in its circulation, the action of the heart would be more perfect, impure matter would be thrown off, and new life and vigor would be experienced in every part of the body.--They closely apply their minds to books and eat the allowance of a laboring man, under such habits some grow corpulent, because the system is clogged--the liver becomes burdened and unable to throw off the impurities in the blood and sickness in the result.

T. Vol. 3, 490.

The studied habit of sunning the air and avoiding exercise closes the pores,--making it impossible to throw off impurities through that channel. The burden of labor is thrown upon the liver, lungs, kidneys and etc, and these internal organs are compelled to do the work of the skin. Thus persons bring disease upon themselves by their wrong habits.

T. Vol. 2, p. 524.

----->-C O L D S-----

Causes Of:-

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 rooms 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.

T. Vol. 2, p. 530.

The effects of living in close, ill ventilated rooms are these:- 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 disease. Great care should be exercised not to sit in a draught or in a cold room when weary, or when in perspiration.

T. Vol. I, p. 703.

If the child has taken cold, it is generally owing to the wrong management of the mother. If she covers its head as well as its body while sleeping, in a short time it will be in a profuse perspiration caused by labored breathing, caused by the lack of pure, vital air. When she takes from beneath the covering it is almost sure to take cold, the

arms being naked exposes the infant to constant cold and congestion of lungs and ~~brain~~ brain. These exposure prepare the way for the infant to become sickly and dwarfed.

How to Live 5: VI.

When we over tak our strength, and become exhausted, we are liable to, take cold, and at such times there is danger of disease assuming a dangerous form.

T. Vol. 3, p. 13.

A abundance of clothing about the chest, where is the great wheel of life, induces the blood to the lungs and brain, and produces congestion.

Health Reformer p. 220.

A dress thus long gathers dew from the grass,--and in its bedraggled condition, it comes in contact with the sensitive ankles which are not sufficiently protected, quickly chilling them, and is one of the greatest causes of cat-arrh and of scrofulous swelling and indangers health and life.

How to Live 6: 62.

Yet these drug takes are never well. They are always taking cold, which causes extreme suffering, because of the poison all through their system .

Facts of Faith p. 137.

TREATMENT:- 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 stonach, is diseased. Judicious exercise would induce the blood to the surface, and thus releave the internal organs. Brāk yet not violent exercise in the open air with cheerfulness of spirits, will promote the circulation, giving a

healthful glow to the skin, and sending the blood vitalized by the pure air, to the extremities. (Bring to you.)

T. Vol. 2, p. 530.

Bring to your aid the power of the will which will resist cold and will give energy to the nervous system.

T. Vol. 2, p. 533.

Instead of increasing the liability to cold, a bath, properly taken, fortifies against cold, because the circulation is improved, --, for the blood is brought to the surface, and the more easy and regular flow of the blood through all the blood vessels.

T. Vol. 3, p. 7 I.

Morning exercise, in walking in the free invigorating air of heaven, is the surest safeguard against colds, coughs, congestion of the brain and lungs, --and a hundred other diseases.--

Health Reformer p. 220.

Twice a weeks she should take a general bath, as cool as will be agreeable, a little cooler every time, until the skin is toned up.

Vol. I, p. 702.

FEVERS AND ACUTE DISEASES.

CAUSES OF:-

General:--- Chills and fevers are the results of those attempts of nature to rid herself of the burden you lay upon her.

T. Vol. 2, p. 68.

Nature to relieve herself of poisons and impurities makes an effort to free the system which produces fevers and what is termed disease.

How to Live 5: 60.

Nature bears abuse as long as she can without resisting, then she arouses and make an mighty effort to rid herself of the incubences

and evil treatment she has suffered. Then comes headache, chills, and fevers, nervousness, paralysis, and other evils too numerous to mention

T. Vol. 2, p. 69.

Diet:- Feeding on flesh, the juices and fluids of what we eat pass into the circulation of our blood,--thus a feverish condition is produced because the animals are diseased, and by partaking of their flesh we plant the seeds of disease in our own tissue and blood. Then, when exposed to the changes in a malarious atmosphere, these are more sensibly felt. Also when we are exposed to epidemics and contagious diseases, the system is not in a condition to resist the diseases.

P. C. (275) Nov. 5, '96.

Highly seasoned animal food produces a feverish state of the system, especially if pork is used freely, the blood becomes impure. The circulation is not equalized. Chills and fever follow. Facts of Faith p. 126.

Many times your children have suffered from fever and ague brought on by improper eating, when their parents were accountable for their sins.

T. Vol. 4, p. 502.

Children should not be allowed to eat gross articles of food, such as pork, sausage, spices, rich cakes and pastry; for by so doing their blood becomes fevered.

T. Vol. 4, p. 141.

Thousands have indulged their perverted appetites, haven a good meals, as they called it, and as a result, have brought on a fever, or some other acute disease, and certain death.

T. Vol. 2, p. 69.

Ventilation:- The effects of living in a close ill ventilated room 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.

T. V ol. I, p. 302, 703.

Germs:- If fevers enter a family, often more than one have the same fever. This need not be, if the habits of the family are correct, if their diet is as it should and they observe habits of cleanliness and we realize the necessity of ventilation, the fever need not extend to another member of the family. The reason of fevers prevailing in families, and exposing the attendants, is because the sick room is not kept free from poisonous infections by cleanliness and proper ventilation.

How to Live 4: 57.

Families have been afflicted with fevers, some have died, and the remaining portion of the family circle have almost murmured against their maker because of their distressing bereavements, when the sole cause of all their sickness and death has been the result of their own carelessness. The impurities about their own premises have brought upon them contagious diseases.-- Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying vegetables-- there is constantly arising from these decaying substances a affluvia that is poisoning the air.

Facts of Faith p. 141.

If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.

How to Live 4: 64.

Treatment:- In nine case out of ten, the indisposition of children can be traced to some indulgence of the perverted appetites. Perhaps it is an exposure to cold, want of fresh air, irregularity in eating, or improper clothing, and all the parents need to do is to remove the cause and secure for their children a period of quiet and rest or abstain for a short time from food. An agreeable bath, of proper temperature, will remove impurities from the skin, and the unpleasant symptoms may soon disappear.

Health Reformer '66, No. 35.

Reduce the feverish state of the system by a careful and understanding application of water. These efforts will help nature to free the system of impurities.--The use of water can accomplish but little, if the patient does not feel the necessity of also strictly attending to his diet.

How to Live 3: 60.

If in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering might have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burned up, the vitals consumed, and have died in the greatest agony without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals.

How to Live 3: 62, 63.

The blessed, heaven sent water, skillfully applied, would quench the devouring flame, but it is set aside as poisonous drugs.

T. 31, p. 191.

In cases of fever, abstinence from food for a short time will lessen the fever, and make the use of water more effectual. But the

acting physician needs to understand the real condition of the patient, and not allow him to be restricted in diet for a great length of time until his system becomes enfeebled. While the fever is raging, food may irritate and excite the blood; but as soon as the strength of the fever is broken, nourishment should be given in a careful, judicious manner. If food is withheld too long, the stomach craving for it will create fever, which will be relieved by a proper allowance of food of the right quality. It gives nature something to work upon. If there is a great desire expressed for food, even during the fever, to gratify that desire with a moderate amount of simple food would be less injurious than for the patient to be denied. When he can get his mind on nothing else, nature will not be over-burdened with a small portion of simple food.

T. Vol. 2, p. 384, 385.

The sick room, if possible, should have a draught of air through it day and night. The draught should not come directly upon the invalids. While burning fevers are raging, there is but little danger of taking cold, but especial care is needful when the crisis comes, and fever is passing away. The constant watching may be necessary to keep vitality in the system.

How to Live 4: 59, 60.

MORAL DISEASES.

GENERAL STATEMENTS:-Immorality abounds everywhere. Licentiousness is the sin of this age. Never did vice lift its deformed head with such boldness as now.

T. Vol. 2, p. 346.

A lethargy of unconscious sensualism through indulgence of a perverted appetite, a constant submitting of soul and body and spirit to moral defilement is upon the people. --And these lustful appetites with their destroying power has been transmitted from parents to children, and so intensified that their names were recorded in the books of heaven as transgressors of God's law.

P. C. (322) Jan. II, '97.

Moral pollution has done more than every other evil to cause the race to degenerate. It is practiced to, an alarming extent, and brings on disease of almost every description. Even small children, infants, being born with natural irritability of the sexual organs, find momentary relief in handling them, which only increases the irritation, and leads them to a repetition of the act, until a habit is established which increases with their growth. These children are punny and dwarfed, are prescribed for by the physicians, and drugged; but the evil is not removed. The cause still exists.

T. Vol. 2, p. 391.

Many might have been saved if they had been carefully instructed in regard to the influence of this practice upon their health. They were ignorant of the fact that they were bring much suffering upon themselves.

Solemn Appeal, p. 55.

INDUCING CAUSES:-

Diet:- If ever there was a time that the diet should be of the most simple kind, it is now. Meat should not be placed before your children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers.-- The less feverish the diet, the more easily can the passions be controlled.

T. Vol. 2, p. 352.

You place upon your tables butter, eggs, and meat, and your children partake of them. They are fed with the very things that will excite their animal passions, and then you come to meeting and ask God to bless and save your children.

T. Vol. 2, p. 362.

The very food they place before their children is such as to irritate the tender coats of the stomach. This excitement is communicated ~~through-the--~~ to the brain through the nerves, and the result is that the animal passions are aroused and control the moral powers.

T. Vol. 4, p. 140, 141.

By indulging in a wrong course of action in eating and drinking, thousands upon thousands are ruining their health, and not only is their health ruined, but their morals are corrupted, because diseased blood flows through their veins.

P. C. (248) Aug. 30, '96.

Idleness:- To relieve the young from healthful labor, is the worst possible course a parent can pursue. Their life is then aimless, the mind and hands unoccupied, the imagination active, and left free to indulge in thoughts that are not pure and healthful. In this condition they are inclined to indulge more freely in that vice which is the foundation of all their complaints.--Some mothers, with their own hands, open

the door and virtually invite the devil in, by permitting their children to remain in idleness.

Solemn Appeal, p. 58, 59.

Wicked Associates:- Children who are experienced in this vice, seem to be bewitched by the devil until they can impart their vile knowledge to others.

Solemn Appeal, p. 55.

Neighbors may permit their children to come to your house, to spend the evening and the night with your children. Here is a trial, and a choice for you, to ~~run~~ the risk of offending your neighbors by sending their children to their own homes, or gratify them and let them lodge with your children, and thus expose them to be instructed in that knowledge which would be a life long curse to them.

Solemn Appeal p. 56.

If you are so situated that their intercourse with your associates can not be over ruled, as you would wish to have it, then let them visit your children in your presence, and in no case allow these associates to lodge in the same bed, or even in the same room. It will be far easier to prevent an evil than to cure it afterward.

Solemn Appeal p. 58.

REMEDIES:- Mothers, it is a crime for you to allow yourselves to remain in ignorance in regard to the habits of your children. If they are pure, keep them so, fortify their young minds, and prepare them to detest this health and soul destroying vice. Shield them, from becoming contaminated by associating with every young companion.

Solemn Appeal p. 58.

Diet:- The less feverish the diet the more easily can the passions be controlled.

T. Vol. 2, p. 352.

Labor:- Give your children physical labor which will call into exercise the nerves and the muscles. The weariness of attending such labor will lessen their inclination to indulge in vicious habits. Idleness is a curse. It produces licentious habits.

T. Vol. 2, p. 349.

Active employment will give but little time to invite Satan's temptations. They may be often weary, but this will not injure them. Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated. And a thoroughly tired person has less inclination for secret indulgence.

Solemn Appeal p. 62.

RESULTS OF:-Moral pollution has done more than any other evil to cause the race to degenerate. --It brings on disease of almost every description.

T. Vol. 2, p. 391.

Industry does not weary and exhaust one fifth part as much as the pernicious habit of self abuse.

T. Vol. 2, p. 349.

Secret indulgence is, in many cases, the only real cause of the numerous complaints of the young. This vice is laying waste the vital forces and debilitating the system; and until the habit, which produced the result is broken off, there can be no permanent cure.

Solemn Appeal, p. 58.

The sensitive nerves of the brain have lost their healthy tone by morbid exhitation to gratify an unnatural desire for sensual indulgence.

T. Vol. 2, p. 347.

Let us view the results of this vice upon the physical strength. Have you not marked the life of healthful beauty, of strength and power of endurance, in your dear children? Have not felt saddened as you watched the progress of disease upon them which has baffled your skill, and that of the physicians? You listen to numerous complaints of headache, catarrh, dizziness, nervousness, pain in the shoulders and side, loss of appetite, pain in the back and limbs, wakeful, feverish nights, of tired feelings in the morning and great exhaustion after exercising? As you have seen the beauty of health disappearing, and have marked the sallow countenanced, or the unnaturally flushed face, have you been aroused sufficiently to look beneath the surface, to enquire into the cause of this physical decay? Have you observed the astonishing mortality among the youth? **P**And have you not noticed that there was a deficiency in the mental health of your children? That their course seemed to be marked with extremes? That they were absent minded? That they started nervously when spoken to? and were easily irritated? Have you not noticed that, when occupied upon a piece of work, they would look dreamingly, as though the mind was elsewhere? And when they came to their senses, they were unwilling to own the work as coming from their hands? it was so full of mistakes, and showed such marks of inattention? Have you not been astonished at the wonderful forgetfulness? The most simple and often repeated directions would often be forgotten. They might be quick to learn but it would be of no special benefit to them, the mind would not retain it. What they might learn through hard study, when they would use their knowledge is missing, lost through their **slave**-like memories. Have you not noticed their reluctance to engage in active labor? And their unwillingness to perseveringly accomplish that which they have undertaken which taxes the mental, as well as the phy-

sical strength? The tendency of many is to live in indolence.

Have you not witnessed the gloomy sadness upon the countenance, and frequent exhibitions of a morose temper in those who one was cheerful, kind, and affectionate? They are easily excited to jealousy, disposed to look upon the dark side, and when you are laboring for their good---good imagine that you are their enemy, that you needlessly reprove and restrain them.

And have not you enquired where all this will end, as you looked upon your children from a moral point of view? Have you not noticed the increase of disobedience in your children, and their manifestations of their ingratitude, and impatience under restraint? Have you not been alarmed at their disregard of parental authority, which has bowed down the heart of their parents with grief, and prematurely sprinkled their heads with gray hair? Have you not witnessed the lack of that noble frankness in your children which they once possessed, and which you admired in them. Some children even express in their countenances a hardened look of depravity. Have you not felt distressed and anxious as you have seen the strong desire in your children to be with the other sexs, and the overpowering disposition they possessed to form attachments when quite young? -- Mothers, the great cause of these physical, mental, and moral evils, is secret vice which inflames the passions, fevers the imaginations, and leads to fornication and adultery. This vice is laying waste the constitution of very many, and preparing them for diseases of almost every description.

Solemn Appeal, p. 49-51, 53.

In those who indulge in this corrupting vice before attaining their growth, the evil affects are more plainly marked and recovery from its affects are more nearly hopeless. The frame is weak and stunted; the

muscles are flabby; the eyes become small, and appear at times swollen; the memory is treacherous, and becomes sieve like; and the inability to concentrate the thoughts upon study increases.

T. Vol. 2, p. 402.

The young indulge to quite an extent in this vice before the age of puberty, without experiencing at that time, to any very great degree the evil results upon the constitution. But at this critical period, while merging into man-hood and woman-hood nature makes them feel the previous violation of her laws.

Solemn Appeal, p. 57.

Many sink into an early grave, while other has sufficient force of constitution to pass this ordeal. If the practice is continued from the age of fifteen and upward, nature will protest against the abuse she has suffered and continues to suffer, and will make them pay the penalty of transgression of her laws, especially from the ages of thirty to forty-five, by numerous pains in the system, and various diseases, such as affection of the liver and lungs, neuralgia, rheumatism, affection of the spine, diseased kidneys, and cancerous humors.-- There is often a sudden breaking down of the constitution; and death is the result.

Solemn Appeal, p. 63, 64.

Upon their very countenances is imparted the sin of Sodom. And continuance of these sins will bring the sure and terrible and- results. They will suddenly be destroyed and that without remedy. They will receive the sentence, "He that is unjust let him be unjust still, and he which is filthy let him be filthy still."

P. C. (322) Jan. II, 27.

RATIONAL REMEDIES.

EFFORTS OF NATURE TO RESIST DISEASE:- Nature alone possess restorative powers. She alone can build up the exhausted energies and repair the injury she has received by inattention to her fixed laws.

How to Live 3: 57.

X Nature to relieve herself of poisonous impurities makes an effort to free the system, which effort produces fevers, and what is termed disease.

How to Live 4:60.

Nature bears abuse as long as she can without resisting, then she arouses and makes a mighty effort to rid herself of the incumbrances and evil treatment she has suffered. Then come headache, chills, fevers, nervousness, paralysis, and other evils too numerous to mention.

T. Vol. 2, p. 69. *How to Live 4:60*

Nature is loath to give up her hold on life. She is unwilling to cease her struggle.

How to Live 3: 63.

Give nature a chance, and she will rally and again perform her part nobly and well.

T. Vol. I, p. 549.

Nature alone is the effectual restorer.

How to Live 3: 60.

All the credit should be ascribe to Nature's restorative power.

How to Live 3:50.

Nature was doing her best to rid the system of an accumulation of impurities and, could she have been left to herself, aided by the common blessings of heaven, such as pure air and pure water, speedy and

safe cure would have been affected.

How to Live 3: 60.

Assistance We May Render Nature:-

GENERAL STATEMENTS:- Only seek to assist nature in her efforts, by removing every obstruction, and then leave nature to recover the exhausted energies of the system.

How to Live 3: 54.

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, 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.

T . 32, p. 199.

GENERAL STATEMENTS:

Sub-sub-heading

RATIONAL PRESCRIPTION:- Keep the patient free from excitement, and every influence calculated to depress. Her attendant should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure soft water to drink. Bath frequently in soft water by followed by gentle rubbing. Let the light and air, be freely admitted into her room. She must have quiet, and undisturbed rest.

How to Live 3: 54, 55.

WATER DRINKING:- Do not place upon your tables food that is exciting and irritating--And the irritation that calls for so much drink will cease to exist.

Review & Herald '84, No. 31.

Water is the best liquid possible to cleanse the tissues---Drink some little time before or after the meal.

Review & Herald '84, No. 31.

Fast for one or two meals, and drink only pure, soft water. The loss of a meal or two will enable the overburdened system to overcome slight indispositions; and even graver difficulties may be overcome by this simple process.

Health Reformer 161.

Their sallow skins indicate that they are bilious. --observe regular habits of rising early.- Eat sparingly,-relieve the system of unnecessary burdens,-encourage cheerfulness,-and- proper exercise in the open air,-bathe frequently, and drink freely of pure soft water. If this course should be followed perseveringly, resisting inclination to do otherwise, it would work wonders in the recovery of health.

Health Reformer, p.240.

If, in their feverish state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared.

How to Live 3: 62.

If they would become enlightened,--and accustom themselves to outdoor exercise, and to air their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy, instead of dragging out a miserable existence.

How to Live 4: 56.

Hot drinks are debilitating to the stomach.

T. Vol. 2, p. 68.

Iced water or iced lemonade, ~~will~~ drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to take up its work again. ---Taken with meals water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach.

Review & Herald '84; No. 31.

BATHING:-

GENERAL STATEMENTS..-Many have never experienced the beneficial effects of water, and are afraid to use one of heavens greatest blessings

~~FREQUENCY OF:-~~

How to Live 3: 62.

The use of water can accomplish but little, if the patient does not feel the necessity of also strictly attending to his diet.

How to Live 3: 60.

Facts of Faith 134.

See also T. 2, p. 384.

FREQUENCY OF:- Persons in health should--by all means bath as often as twice a week. --Those who are not in health have impurities in the blood, 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 necessary.

T. Vol. 2, p. 70.

Frequent bathing is very beneficial, especially at night just before retiring, or upon rising in the morning.

Christian Temperence. 141.

Bath frequently in pure soft water followed by gentle bubbling.

How to Live 3: 54.

A bath properly taken, fortifies against cold because the circulation is improved-- for the blood is brought to the surface and a more easy and regular flow of the blood vessels is obtained.

T. Vol. 2, p. 71.

There is no reason in science or philosophy why an occasional bath taken with studious care should do you anything but real good.

T. Vol. 3, p. 70.

Reduce the feverish state of the system by careful and understanding application of water. These efforts will help nature in her struggles to free the system of impurities.

How to Live 3: 60.

The fire of fever seems consuming them. He longs for pure water to moisten the parched lips, to quench the raging thirst, and cool the fevered brow,--the blessed, Heaven-sent water, skillfully applied, would quench the devouring flame.

T. No. 31, 191.

Twice a week she should take a general bath as cool as will be agreeable, a little cooler every time until the skin is toned up.

T. Vol. I, P. 702.

It will take but a few moments to give the children a bath and to rub them until their bodies are in a glow.

Christian temperance p. 141.

EFFECTS OF:- 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 body and mind 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 the 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 take 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.

T. Vol. 3, p. 70, 71.

Water skillfully applied, would quench the devouring flame.

T. Vol. 31, p. 191.

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 these who are afflicted would assist nature in her efforts, by the use of pure, soft water, much suffering would be prevented.

How to Live 4 : 60.

If, in their fevered state, water had been given them to drink freely and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared.

How to Live 3: 62.

SUNLIGHT:-This is one of nature's most healing agents.

T. Vol. 2, p 526.

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. The precious sunlight may fade your carpets, but it will give a healthful color to the cheeks of your children .

T. Vol. 2, p. 527.

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 the sun that carries healing in its beams, would soothe and cheer, and make them happy, joyous, and healthful.

Health Reformer p. 173.

The confined air of unventilated rooms meets us with sickening odors of mildew and mold, and the impurities exhaled from its inmates.--The emanations from damp mouldy rooms and clothing are poisonous to the system.--If all would appreciate the sunshine, and expose every article of clothing to its drying purifying rays, mildew and mould would be prevented--this is the only way rooms can be kept from impurities. --Every room in our dwellings 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.

Health Reformer p. 246, 172.

Exercise, and a free and abundant use of the air and sunlight, blessings which heaven has freely bestowed upon all, would give life and strength to the emaciated invalid.

T. Vol. 2, p. 531.

The feeble one should press out into the sunshine as earnestly and naturally as do the shaded plants and vines. The pale and sickly grain-plade that has struggled up out of the earth in the cold of early spring puts out the natural and healthy deep green after enjoying a few day the health-and-life-giving rays of the sun. Go out into the light and warmth of the glorious sun you pale and sickly ones, and share with vegetation its life giving, healing power.

Health Reformer p. 178.

HOW TO CURE THE BODY THROUGH THE MIND :- Great wisdom is needed-- in order to cure the body through the mind. But few realized the power that the mind has over the body.. A great deal of the sickness which afflicts humanity has its origin in the mind, and can only be cured by restoring the mind to health. There are very many more than we imagine who are sick mentally. To deal with men and women whose minds as well as bodies are diseased, is a nice work.

T. Vol. 3, p. 184.

Influence Of The Will:- Thousands are sick and dying around us who might get well and live if they would; but their imagination hinders them. They fear that they will be made worse if they labor or exercise, when this is just the change they need to make them well. Without this they never can improve. They should exercise the power of the will, rise above their aches and debility and engage in useful employment, and forget that they have aching backs, sides, lungs, and heads,

T. Vol. 3, p. 76.

I have met many who were really sufferers through their imaginations. They lacked will power, to rise above and combat disease of body and mind; And, therefore, they were held in suffering bondage.

Health Reformer 239.

Let the mind become intelligent, and the will be placed on the Lord side and there will be a wonderful improvement in the physical health. But this can never be accomplished in mere human strength.

Medical Missionary Vol. 2, p. 216

Keep the power of the will awake, for the will aroused and rightly directed, is a potent soother of the nerves.

T. Vol. I, p. 557.

Bring to your aid the power of the will, which will resist cold, and will give energy to the nervous system.

T. Vol. 2, p. 533.

THE INFLUENCE OF CHEERFULNESS:- A contented mind, a cheerful spirit, is health to the body, and strength to the soul. Nothing is so fruitful a cause of disease as depression gloominess, and sadness. Mental depression is terrible.

T. Vol. I, p. 702.

We should encourage a cheerful, hopeful, peaceful frame of mind; for our health depends on our so doing.

T. Vol. 3, p. 13.

Cheerfulness and a clear conscience are better than drugs, and will be an effective agent in your restoration to health.

Health Reformer p. 183.

INFLUENCE OF DOING GOOD:- You who are suffering with poor health, there is a remedy for you. If thou clothe the naked, and bring the poor that are cast out to thy house and deal thy bread to the hungry, "Then shall thy light break forth as the morning and thine health shall spring forth speedily." Doing good is an excellent remedy for disease.

T. Vol. 2, p. 29.

The condition of the mind has much to do with the health of the physical system. If the mind is free and happy, under a consciousness of right doing and a sense of satisfaction in causing happiness to others, it will create a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body.

T. Vol. 4, p. 60.

Doing good is a work that benefits both giver and receiver. If you forget self in your interest for others, you gain a victory over your infirmities. The satisfaction you will realize in doing good, will aid you greatly in the recovery of the healthy tone of the imagination. The pleasure of doing good animates the mind and vibrates through the whole body.

T. Vol. 2, p. 534.

THE INFLUENCE OF THE SPIRIT OF GOD:- The influence of the Spirit of God is the very best medicine for disease. Heaven is all health; the more deeply the heavenly influences are realized, the more sure will be the recovery of the believing invalid.

Christian Temperance p. 13.

Sickness of mind prevales everywhere. Nine tenths of the diseases from which men suffer have their foundation here. The religion of Christ so far from being the cause of insanity is one of its most effectual remedies; for it is a potent soother of the nerves.

T. No. 32, p. 200.

In nine cases out of ten the knowledge of a sin-pardoning Saviour would make them better both in mind and body.

T. No. 32 . p. 205.

Many carry a violated conscience, and can be reached only by the principles of Bible religion.

T. Vol. 3, p. 168.

A sore, sick heart, a discouraged mind, needs mild treatment, and it is through tender sympathy that this class of minds can be healed. The physicaian should first gain their confidence and then point them to the all healing Physicaian. If their minds can be directed to the Burden-Bearer and they can have faith that he will have an interest in them, the cure of their diseased bodies and minds will be sure.

T. Vol. 3, p. 164.

A person whose mind is quite and satisfied in God is in the pathway to health.

Review & Herald '80, No. II.

T
The assurance of God's approval will promote physical health.

Review & Herald '83, No. 4I.

The exalting influence of the spirit of God is the best restorative for the sick.

T. Vol. I, p. 556.

The blessing of God is the healer; and those who are abundant in benefiting others will realize that wonderful blessing in their hearts and lives.

T. Vol. 4, p. 60.

PRAYER FOR THE SICK:-

Cautions:- Many have expected that God would keep them from sickness merely because they have asked him to do so. But God did not regard their prayers because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick by their careless inattention to the laws of health.

How to Live 4: 64.

In such cases of affliction, where Satan has control of the mind, before engaging in prayer there should be the closest examination to discover if there are not sins which need to be repented of, confessed, and forsaken. Deep humility of soul before God is necessary, and firm, humble reliance upon the blood of Christ alone. Fasting and prayer will accomplish nothing, while the heart is estranged from God by wrong course of action.

T. Vol. 2, p. 146.

I have been shown that there was so much iniquity abounding, even among professed Sabbath keepers that I would not wish to unite in prayer for those of whose history I had no knowledge.

T. Vol. 2, p. 350.

Some if they should redeem their health would take up some heedless transgression of nature's laws.

P. C. (126)

We should first find if the sick one has been withholding tithes or has made trouble in the church.

P. C. (127).

There are very many more than we imagine that are sick mentally. --- A sore sick heart, a discouraged mind, needs mild treatment, and it is through tender sympathy that this class of minds can be healed. The physicians should first gain their confidence and then point them to the all healing physician. If their minds can be directed to the burden bearer, and they can have faith that he will have an interest in them, the cure of their diseased bodies and minds will be sure.

T. Vol. 3, 184.

After the physicians have done what they can in behalf of the sick they ask God to work with their efforts, and restore the suffering invalids to health. This he has done in some cases in answer to the prayer of faith. And this he will continue to do if they are faithful, and put their trust in him.

T. Vol. 3, p. 184, 185

God does not work miracles where he has provided means by which the work may be accomplished.

Review & Herald '88, No. 29.

God will not work a miracle to change natural causes which you can control

"Signs" '84, No. 18.

Many would not endure the time of trial and will therefore be laid away.

P. C. (128).

Instruction:-Where the way is clear for the offering up of prayer for the sick, the case should be committed to the Lord in calm faith, not with a storm of excitement. He alone is acquainted with the past life of the individual and knows what his future will be.---All that we are required to do is to ask God to raise the sick up if in accordance with his will, believing that he hears the reasons which we present, and the fervent prayers offered. If the Lord sees that it will best honor him, he will answer our prayers. But to urge recovery without submission to his will is not right.--- All that can be done in praying for the sick is to earnestly importune God in their behalf, and in perfect confidence rest the matter in his hand. --If the life of the sick can glorify him we pray that they may live, nevertheless, not as we will, but as he will. Our faith can be just as firm, and more reliable by committing the desire to an all wise God and without feverish anxiety in perfect confidence, trusting all to him. --Our petitions must not take the form of a command, but of intercession for him to do the things we desire of him.

T. Vol. 2, p. 147-149.

The strong desire for recovery leads to earnest prayer; and this is right. God is our refuge in sickness as well as in health.

T. #32, p. 71.

Prayer will give the sick an abiding confidence;

T. # 32, p. 199.

Jesus can limit the power of Satan. He is the physician in whom the sin-sick soul may trust to heal the maladies of the body as well as of the soul.

T. # 32, p. 205.

I would come before th Lord with a petition of this kind: "Lord, we can not read the heart of this sêck one, but thouh knowest whether it is for the good of his soul and for the glory of thy name to raise him to health. In thy great good ness, compationate this case, and healthy action take place in the system. The work must be entirely thine own. We have done all that human skill can do, now, Lord, we lay this case at thy feet, work as only a God can work, and if it be for thy good and for thy glory, arrest the progress of disease and heal this sufferer." --But after I have prayed earnestly for the sick, what then? do I cease to do all that I can for their recovery? No, I work all the more earnestly, with much prayer that the Lord may bless the means which his own hand hsas provided, entreating that he may give sanctified wisdom to co-operate with God in the recovery of the sick--I began to devise ways and means that would aid nature in the very utmost in making healthful changes in the suffering one. Day and night I pray for wisdom, and if I had ceased my prayers and my efforts he would have died-- we work^{ed} more vigorously using Gods own remedies, we applied water in various ways, praying the Lord to accept our efforts and give us strength and wisdom to use, not drug medication, but the simple natural remedies that God had provided. Thus we were co-operating with God.

In praying for the sick, it is escentail to have faith; for it is in accordance with the word of God--sometimes answers to our prayers come immediately, sometimes we have to wait patiently and continue earnestly to plead for the things that we need, our cases illustrated by the case of the unfortunatè solicitor for bread--if our petitions are indited by the Lord, they will be answered.

P. C. March II, '92.

We all desire an immediate answer to our prayers, and we are tempted to become discouraged if our prayer is not immediately answered. Now my experience has taught me that this is a great mistake. The delay is for our special benefit.--Faith strengthens through continual exercise. This waiting does not mean that because we ask the Lord to heal there is nothing for us to do. We are to make the very best use of the means which the Lord in his gracious goodness has provided for us in our very necessities.--I have looked to God in faith, and I have used every benefit that hygienic methods have provided of which we could avail ourselves. This was my duty.--In treatment we have used water in a variety of ways, always asking the Lord to give wisdom in all our efforts, and to put his blessing upon every laudible means employed for the recovery of health.---As a reasonable being, through the grace of God I shall take advantage of the blessing of the Lord which he has placed within my reach.--I have seen so much of carrying matters to extremes, even in praying for the sick, that I have felt that this part of our experience requires much solid sanctified thinking, else we shall make movements that we will call faith that are nothing less than presumption. Persons worn down with affliction need to be counseled wisely that they may move discretely, and while they place themselves before God to be prayed for that they may be healed, they are not to take the position that methods of restoration to health in accordance with nature's laws are to be neglected. If they take the position that in praying for healing they must not use simple remedies provided by God to alleviate pain and to aid nature in her work lest it be a denial of faith, they are taking an unwise position. It is not a denial of faith, it is in strict harmony with the plans of God. --One word from God, one touch of the divine finger, would have cured Hezekiah instantly, but special directions were

given to take a fig and lay it upon the affected party and Hezekiah was raised to life. In every thing we need to move along the line of God's providence.

The human agent should have faith, and should co-operate with divine power, using every facility, taking advantage of everything, that to his intelligence is beneficial, working in harmony with natural laws, and in doing this he neither denies nor hinders faith.

P. C. March II, '92.

You were preserved by a miracle of mercy, to be a living monument of his healing power, to testify of his wonderful works to the children of men.

T. Vol. 2, p. 273.

-----D R U G S-----
-.-.-.-.-

GENERAL STATEMENTS:- Many instead of seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there.

Hoe to Live 4: 64.

If every particle of drugs were buried in the deep ocean I would be glad. say "Amen"

P. C. 254.

Drugs are expensive, both in the outlay of means and the effect produced upon the system.

T. #32, 199.

Many parents substitute drugs for judicious nursing.

Health reformer '66, No. 19.

Concentrated poisons are dealt out the names of which are concealed in some technical term which parents know nothing of,--A poisonous drug is introduced into the system binding down the efforts of nature until she is compelled to give up the struggle. Health reformer'66, , 36.

MODE OF ACTION:- Drugs never cure disease. They only change the form and location. --When drugs are introduced into the system, for a time they may seem to have a beneficial effect. A change may take place but the disease is not cured. It will manifest itself in some other form.--The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form.-- Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.

How to Live 3: 61.

Every additional drug given to the patient,--will complicate the case, and make the patient's recovery more hopeless.--an evil, simple in the beginning, which nature aroused herself to overcome, and which she would have done if left to herself, has been made ten-fold worse by drug poisons being introduced into the system, which as a destructive disease itself, forcing into extraordinary action the remaining life forces to war against and to overcome the drug intruder.

How to Live 3: 57.

Sick people who take these drug poisons do appear to get well. With some, there is sufficient life force for nature to draw upon, to so far expell the poison from the system that the sick, having a period of rest, recover. But no credit should be allowed the drugs taken, for they only hindered nature in her efforts. All the credit should be ascribed to nature's restorative powers.

How to Live 3: 50.

Powerful poisons are often administered which fetter nature in all her friendly efforts to recover the abuse the system has suffered, and the patient is hurried out of this life. How to Live 3: 49.

RESULTS FROM DRUG MEDICATION:- Drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease.

T. Vol. 32, p. 57.

There are more who die from the use of drugs, than all who would have died of disease had nature been left to do her own work.

How to Live 3: 61.

Medicines have no power to cure, but will most generally hinder nature in her efforts.

How to Live 3: 62.

Medicine deranges nature's fine machinery, and breaks down the constitution, and kills, but never cures.

How to Live 3: 67.

The endless variety of medicines in the market, the numerous advertisements of new drugs and mixtures, all of which, as they say, do wonderful cures, kill hundreds where they benefit one.--Yet they keep dosing and continue to grow weaker until they die. Some will have medicine at events. Then let them take these hurtful mixtures and the various deadly poisons upon their own responsibility. God's servants should not administer medicines which they know will leave behind injurious effects upon the system, even if they do relieve present suffering. 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.

Facts of Faith p. 140.

The sick are in a hurry to get well, and the friends of the sick are impatient. They will have medicine, and if they do not feel that powerful influence upon their systems their erroneous view lead them to think they should feel. They impatiently change to another physi-

cian . The change often increases the evil they go through a course of medicine equally as dangerous as the first and more fatal, because the two treatments do not agree, and the system is poisoned beyond remedy.

How to Live 3: 62.

Although the patient may recover, yet the powerful effort nature is required to make to induce action to overcome the poison, injured the constitution, and shortened the life of the patient. There are many who do not die under the influence of drugs, but these are ^{many} very who are left useless wrecks, hopeless, gloomy, and miserable sufferers, a burden to themselves and to society.

How to Live 3: 50.

Drugs only add a second great burden for abused nature to struggle against; and in this struggle nature often breaks down in her efforts, and the victim dies.

Solemn Appeal p. 63.

Thus powerful poisons are often administered which fetter nature in all her friendly efforts to recover the abuse the system has suffered and the patient is hurried out of this life.

How to Live 3 : 49.

The liver, the heart, and brain, are frequently affected by drugs, and often these organs are burdened with disease, and the unfortunate subject, if they live, are invalids for life, wearing out a miserable existence.

How to Live 3: 6 I.

She thinks her child really ill and summons the doctor, who looks gravely upon the infant a few moments and then deals out poisonous

medicines , or something called a soothing cordial, which the mother faithful to directions, pours down the throat of the abused infant, if it was not diseased in reality before it is after this process. If suffers now from drug disease, the most stubborn and incurable of all diseases.

How to Live 5: 70.

The drugs given to stupify whatever they may be, derange the nervous system.

How to Live 3: 57.

These lessens the child's hold on life, and, if they do not actually cause its death they obstruct nature's efforts and break down some part of her fine machinery which can never be repaired, and the victim is a sufferer as long as life lasts.

Health reformer '66, No. 35.

Every pernicious drug does violence to the organism and injures the whole machinery.-- Drug medication kills the remaining life force and causes wretchedness insanity and loathsome diseases.

P. C. (325)

~~THE USE OF DRUGS IN OUR INSTITUTIONS:-~~

SPECIAL DRUGS:- Strychnine or nuxvomica. 1st. effect. He gave her a powder from a vial upon which was written, Nuxvomica. I watched to see what affect this would have upon the patient it appeared to act favorably. her condition seemed better. She was animated, and even seemed cheerful and active.

How to Live 3: 53.

2nd. effect: She was sitting up, folding a shawl closely around her, and complaining of chilliness.--Almost every crevice where the pure

air could enter was guarded to protect the patient from the sense of painful chilliness, which was especially felt in the back of the neck and down the spinal column.--It is especially felt upon the nerves, and it affects the whole nervous system. There will be, for a time, increased force action upon the nerves. But as the strength of this drug is spent, there will be chilliness, and prostration. Just to that degree that it excites and enlivens, will be the deadening, benumbing results following.

How to Live 3: 55.

3rd. affect the patient was being supported by two attendants, from her chair to her bed. She had nearly lost the use of her limbs. The spinal nerves were partially paralyzed, and the limbs had lost their power to bear the weight of the person. She coughed distressingly, and breathed with difficulty. She was laid upon the bed, and soon lost her hearing and seeing and thus she lingered a while and died.

How to Live 3: 58.

Summary:- A branch was presented before me bearing large ~~rain~~ seeds. Upon it was written, Nux Vomica, Strychnine. Beneath was written, No antidote. I was shown persons under the influence of this poison. It produced heat, and seemed to act particularly upon the spinal column, but affected the whole system. When this is taken in the smallest quantity, it has its influence, which nothing can counteract, if taken immoderately, convulsions, paralysis, insanity, and death, are often the results. Many use this deadly evil in small quantities. But if they realized its influence, not one grain of it would be introduced into the system.

~~When first taken, its influence may seem to be beneficial~~

Facts of Faith p. 188.

This drug does not have the same affect upon all. Some who have

powerful constitution can recover from abuses to which they may subject the system. While others whose hold on life is not as strong, whose possess enfeebled constitutions, have never recovered from receiving into the system even one dose, and many die from no other cause, than the affects of one portion of this poison. Its affects are always attending to death. The condition the system is in, at the time these poisons are received into it determine the life of the patient. Nu xvomica can cripple, paralyze, destroy health forever, but it never cures.

How to Live 3: 58.

CALOMEL:- Ist. Effect; The third case was that of a young man to who was administered calomel. He was a great sufferer. His lips were dark and swollen. His gums were inflamed. His tongue was thick and swollen, and the saliva was running from his mouth in large quantities.— This is the influence of mercurail preperations. This Nedng man had remaining, sufficient nervous energy, to commence a warfare against the intruder, this drug poison to attempt to expell it from the system.

2nd. effect; He was a great sufferer. His limbs were crippled, and he was greatly deformed. He stated that his suffering was beyond description, and life was to him a great burden.--This is the affect of calomel. It torments the system as long as ther is a particle left in it. It ever lives, nor losing its properties by its long stay in the living system. It inflames the joints, and often sends rottenness of the bones. It frequently manifests itself in tumors, ulcers, year and cancers, years after it has been introduced into the system.

How to Live 3: 55.

Another case. The physieains last resort was calomel. For some-time she seemed to be between life and death, she was thrown into convultions. As these most distressing spasms increased, we were aroused

to the painful fact that her intellect was weakened. She began slowly to improve although a still a great sufferer. Her limbs were crippled by the effect of the powerful poisons which she had taken. She lingered a few years a helpless, pitiful sufferer, and died in much agony.

How to Live 3: 53.

OPIUM:-

1st. Effects.-A physician stood by the bedside of the patient, and was administering medicine taken from a vial upon which was written, Opium. At first this drug seemed to affect the mind. She talked strangely but finally became quite and slept.

How to Live 3: 54.

2nd. Effect.- She had awakened from her sleep much prostrated. Her mind was distracted. She was impatient and irritable, finding fault with her best friends and imagining that they did not try to relieve her sufferings. She became frantic, and raved like a maniac. --Her physician was called. He gave her an increased dose of opium which quieted her ravings, yet made her very talkative and cheerful, she was at peace with all around her, and expressed much affection for acquaintances as well as relatives. She soon grew drowsy and fell into a stupified condition.--Her conditions of health are no better now than when she was in her frantic ravings. She is decidedly worse. This drug poison, opium, give temporary relief from pain, but does not remove the cause of the pain, it only stupifies the brain, rendering it incapable of receiving impressions from the nerves, while the brain is thus insensible, the hearing, the taste, and sight are affected. When the influence of the opium wears off, and the brain arouses from its state of paralysis, the nerves, which had been cut off from communication with the brain, shriek out louder than ever the pains in the system, because of the additional outrage the system has sustained in

ing receiving this poison.

How to Live 3: 56.

3rd. Effect.- Her countenance was sallow, and her eyes were restless and glassy. Her hands shook as if palsied and she seemed to be greatly excited, imagining that all present were leagued against her. Her mind was a complete wreck and she raved in a pitiful manner. The physician was summoned and seemed to be unmoved at these terrible exhibitions. He gave the patient a more powerful portion of opium, which he said would set her all right. Her ravings did not cease until she became thoroughly intoxicated. She then passed into a death like stupor. Her days are numbered. The efforts nature has made have been so many times overpowered by this poison, that the life forces are exhausted by being repeatedly induced to unnatural action to rid the system of this poisonous drug. Nature's efforts are about to cease, and then the patient's suffering will end.

How to Live 3: 58.

Summary.- The innocent modest-looking, white poppy yields a dangerous drug. Opium is a slow poison, when taken in small quantities. In large doses it produces lethargy and death. Its effects upon the nervous system are ruinous. When patients use this drug until it becomes a habit, it is almost impossible to discontinue it, because they feel so prostrated and nervous without it.

Facts of Faith, p. 138.

An Overdose.-He gave her a liberal dose of opium, which he said would relieve her pains, quiet her nerves, and give her rest, which she much needed. The opium stupified her. She slept, and nothing could arouse her from the death like stupor. Her pulse and heart at times throbbed violently, and then grew more and more feeble in their action, until she ceased to breathe. Thus she died without giving her family one look of recognition.

How to Live 3: 52.

GENERAL STATEMENT:- Nuxvomica, or Strychnine, and Opium, have killed their millions, and have left thousands upon the earth to linger out w wretched, suffering existance, a burden to themselves, and those around them. Mercury, Calomel,, and Quinine, have brought their amount of wretchedness which the day of God ^{alone} will fully reveal. Preparations of murcury and calomel, taken into the system ever retain their poisonous strength as long as there is a particle of it left in the system. These poisonous preperations have destroyed their millions, and left sufferers upon the earth to linger out a miserable existence. All are better off without these dangerous mixtures.

Facts of Faith, p. 139.

THE USE OF DRUGS IN OUR INSTITUTIONS:- We need an institution where the sick may be treated without drugs. This matter is continually presented before me. Our institutions are stablished that the sick may be treated by hygienic methods, discarding almost entirely the use of drugs.

It is the duty of every human being, for his own sake, and for the sake of humanity, to inform himself and herself in regard to the laws of organic life, and conscientiously to obey them. There is a terrible account to be rendered to God by man who have so little regard for human life as t o treat the body so ruthlessly in dealing out their drugs. It is the duty of veryp person to become intollieght 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 and women whom Christ has purchased at such an infinite price. Then we should become acquainted with the lwas of life, and that every action of the human agent may be in perfect harmony with the lwas 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. We are not excusable if, through ignorance, we destroy Gods building by taking into our stomachs poisonous drugs under a variety of names we do not understand. It is our duty to refuse all such prescriptions.

We wish to build a Sanitarium where maladies may be cure by nature's own provisions, and where the people may be taught how to treat themselves when sick; where they will learn to eat temperately of wholesome food and to be educated to refuse all narcotics, tea, coffee, fermented wines, and stimulants of all kinds, and to discard the flesh of dead animals.--We want a Sanitarium, not to deal out drugs, but to educate our fellow beings to, let them alone.

Extractes from a letter Dec. 4,
1896.

The use of drugs in our institutions to the extent that they are used is a libel upon the name of hygienic institutions for the treatment of the sick. The physicians need to be converted upon this point, as decidedly as the sinner needs the converting power of God on his life and character in order to become a pure hearted Christian.

Unpublished Tes. 1886.

Drug medication, as it is generally practiced, is a curse. Educate away from drugs; use them less and less, and depend more upon hygienic agencies. Then nature will respond to God's pure physicians pure air, pure water, proper exercise and a clear conscience.

Unpublished tes. 1868 .

The use of drugs have resulted in far more hard than good, and should our physicians who claim to believe the truth almost entirely dispense with medicine and faithfully practice along the lines of hygiene, using nature's remedies, far greater success would attend their efforts.

Unpublished test. 1886.

To use drugs while continuing the evil habit certainly is inconsistent and greatly dishonors God by dishonoring the body which he has made. Yet, for all this, stimulants and drugs continue to be prescribed and be freely used. While the hurtful indulgences that produce the disease are not discarded. They used tea, coffee, tobacco, opium, wine, beer and other stimulants and gave nature a false report.

Unpublished test. 1892.

The use of drugs is not in accordance with God's plan. Physicians should understand how to treat the sick through the use of nature's remedies, -pure air, pure water, healthful exercise should be employed in the treatment of the sick.

Unpublished test. 1892.

There are those associated with you who should ever have kept before them their aptness and inclination to use poisonous drugs that kill as they do not cure.

Unpublished T. July 10, 1896.

The simpler remedies are less harmful in proportion to their simplicity, but in very many cases these are used when not necessary. There are simple herbs and roots that every family may use for themselves and need not call on the physician any sooner than they would call a

layer. I do not think I can give you any definite lines of medicines compounded and dealt out by doctors that are perfectly harmless, and yet it would not be wisdom to engage in controversy over this subject. The practitioners are very much in earnest in using their dangerous concoctions, and I am decidedly opposed to resorting to such things; they never cure,; they may change the difficulty to create a worse one. many of those who practice the prescribing of the use of drugs Would not take the same or give them to their children. If they have an intelligent knowledge of the human body, --if they understand the delicate, wonderful machinery--they must know that we are fearfully and wonderfully made. And that not a particle of these strong drugs should be introduced into the human organism. As the matter was laid open before me, and the sad burden of the result of drug medication, the light was given me that Seventh-Day Adventists should establish health institutions discarding all these health destroying inventions, and physicians should treat the sick upon hygienic principles.

Unpublished Test. 1893.

The physicians at the Sanitarium are not as thorough and intelligent as they ought to be in practice of their profession. They resort to drugs, when greater skill and knowledge would teach them a more excellent way. Do you not know that lives have been lost which might have been saved if drugs had not been resorted to. As a rule, the less frequently they are employed the better the patient will prosper. I thought that the matter of using drugs had been settled years ago by the testimony of the Spirit of God, but the Lord's wordings have been unheeded. I am ashamed and distressed over this matter, and I tell you that a decided reformation must take place. The physicians at the Sanitarium are departing a long way from the light that the Lord has given concerning the

use of drugs. The giving of medicine so largely works more injury than benefit. Make use of the remedies that God has provided, pure air, sun shine, and the intelligent use of water or beneficial agents in the restoration of health. But the use of water is considered too laborious. It is an easier way to employ drugs than to use natural remedies. O, if the Lord would only let every one see his backsliding!

In treating the sick, he will seek God for wisdom, then, instead of placing his dependence upon drugs and expecting that medicine will bring health to his patients, he will use nature's restoratives and employ natural means whereby the sick may be aided to recover. The Lord will hear and answer the prayers of the Christian physician.

Unpublished testimony 1888.

The question of health Reform is not agitated as must and will be. A simple diet and the entire absence of drugs leaving nature free to recuperate the wasted energies of the body, would make our Sanitariums far more effectual in restoring the sick to health. Put not confidence in drug medicine; if every particle of it were buried in the great ocean I would say "Amen". Our physicians are not working out the right plan which will be to go deeper and be more thorough.

Unpublished, Aug. 30, 1896.

-----N U R S E S-----

NEED OF:- Mother may be an intelligent nurse and physician of her own dear children.

Health Reformer p. 50.

In almost every church there are young men and women who might receive education either as physicians or nurses. They will never have a more favorable opportunity than now. I would urge that this subject be considered prayerfully, that special effort be made to select those youth who give promise of usefulness and moral strength. Let these receive an education at our Sanitarium at Battle Creek, to go out as Missionaries wherever the Lord may call them to labor.

Medical Missionary, p. 216.

I could wish that there were one hundred nurses in training where there is one. It ought to be thus. Both men and women can be much more useful as Medical Missionaries than as missionaries without a medical education.

Medical Missionary p. 215.

QUALIFICATIONS OF:- Attendants should be cheerful and hopeful.

How to Live 3: 54.

It is safer to have two or three to depend upon, who are careful and understanding nurses.

How to Live 4: 56.

The attendants should be unhurried, calm, and self-possessed.

How to Live 4: 59.

Many parents substitute drugs for judicious nursing.

Health Reformer '66, No. 19.

DUTY TO HERSELF:- It is the duty of attendants and nurses in the sick room to have a special care for their own health, especially in critical cases of fever and consumption. One person should not be kept closely confined to the sick-room. It is safer to have two or three to depend upon, who are careful and understanding nurses, and these changing and sharing the care and confinement of the sick-room each should have exercise in the open air as often as possible. This is important to sick bed attendants, especially if the friends of the sick are among that class who continue to regard air, if admitted into the sick-room as an enemy, and will not allow the windows raised or the doors opened. The sick, and the attendants, are in this case compelled to breathe the poisonous atmosphere from day to day, because of the inexcusable ignorance of the friends of the sick.

How to Live 4: 56.

If attendants are awake to the subject of health, and realize the necessity of ventilation for their own benefit, as well as that of the patient, and the relatives, as well as the sick oppose the admission of air and light into the sick room, the attendant should have no scruples of conscience in leaving the sick room. They should feel themselves released from their obligations to the sick it is not the duty of one or more to risk the liability of incurring disease, and endangering their lives by breathing the poisonous atmosphere. If the sick will fall a victim to their own erroneous ideas, and will shut out of the room the most essential of heaven's blessings, let them do so, but not at the peril of those who ought to live.

How to Live 4: 57.

DUTY TO HER PATIENTS:- Our human affections and sympathies are not to wane away and become extinct, but through living connection with God, our love is to deepen, our interest to become more intense, our efforts more successful in promoting the happiness of those around us. --Souls about us are perishing for sympathy which is never expressed.

Signs Of the Times 1883, No. 34.

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 quite and rest through the night, while they occupy a room adjoining. All unnecessary noise and excitement should be avoided in the sickroom, and the whole house should be kept as quite as possible. Ignorance, forgetfulness, and wrecklessness, have caused the death of many who might have lived, had they received proper care from judicious, thoughtful attendants.

How to Live 4: 59.

MEDICAL STUDENTS.

NEED OF:- I am intensely interested in the education of medical students as missionaries. This is the very means of introducing the truth where other wise it would not find an entrance.

I can see in the Lord's providence that the Medical Missionary work is to be a great entering wedge, whereby the diseased soul may be reached.

O what a field of usefulness is open before the Medical Missionary! Jesus Christ was in every sense of the word a missionary of the highest type, and combined with his missionary work that of the great Physician, healing all manner of diseases.--Every physician can and ought to be a Christian, and if so, he bears with him a cure for the soul as well as the body. He is doing the work of an apostle as well as of a physician.--How essential that the living missionary should understand the diseases which afflict the human body, to combining the physician, educated to care for diseased bodies with the faithful conscientious shepherd of the flock to give sacredness and double efficiency to the service! The Lord in his great goodness and matchless love, has been unging upon his human instrumentalities that missionaries are not really complete in their education unless they have a knowledge of how to treat the sick and suffering. If this has been felt as an important branch of education in the missionary line of labor, many who have lost their lives might have lived. Had they understood how to treat the ailments of the body, and how to study from cause to effect, they could, through their intelligent of the human body and how to treat its maladies, have reached many darkened minds that other wised they could not approach.

Extracts from letters to Medical Missionary work.

October 2, 1893.

Holy and devout persons, both men and women, are wanted now to go forth as medical missionaries. Let them cultivate their physical and mental powers and their piety to the uttermost. Every effort should be made to send forth intelligent workers. The same grace that came from Jesus Christ to Paul and Appolis, which caused them to be distinguished for their spiritual excellency, can be received now and will bring into working order many devoted missionaries.

Letter Feb. 19, 1893.

I consider that there is nothing that can give character to the work like a proper entering into the work of hygienic treatment for the sick.

P. C. p. 391. Feb. 10, '97.

In almost every church there are young men and women who might receive education either as nurses or physicians. They will never have a more favorable opportunity than now. I would urge that this subject be considered carefully, with special efforts be made to select those youth who give promise of usefulness and moral strength. Let these receive an education at our Sanitarium at Battle Creek, to go out as missionaries wherever the Lord may call them to labor. It should ever be kept before them that their work is not only to relieve physical suffering, but to minister to souls that are ready to perish.

Sp. T. p. 551. Sept. 16, 1892.

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sakes, they should, while they have opportunity become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only those of our own faith, but largely among those who know not the truth.

Sp. T. p. 555. Sept., 16, '92.

I would advise young men and women to give heed to this matter. Perilous times are before us. The whole world will be involved in perplexity and distress. Disease of every kind will be upon the human family, and such ignorance as now prevales concerning the laws of health would result in great suffering and the loss of many lives that might be saved.

Sp. T. p, 548. Sept. 16, 1893.

More of the right kind of men are needed to devote themselves to this profession.

T. # 32, p, 202.

There is no missionary field more important than than occupied by the faithful God fearing physician. There is no field where a man will accomplish greater good, or win more jewels to shine in the crown of his rejoicing.

T. #32, p, 204.

QUALIFICATIONS OF:- A physician can do much better work if he has physical strength. If he is feeble, he can not endure the wearing labor incident to his calling. A man who has a weak constitution, who is a dyspeptic, or who has not perfect self controle, can not become qualified to deal with all classes of diseases. Great care should be taken not to encourage persons who might be useful in some less responsible position, to study medicine at a great outlay of time and means, when there is no reasonable hope that they will succeed.

T. #32, p, 203.

Painstaking effort should be made to induce suitable men to qualify themselves for this work. They should be men whose characters are based upon the broad principles of the word of God, men who possess a natural energy, force, and perseverance that will enable them to reach a high

standard of excellence. It is not every one who can make a successful physician. Many have entered upon the duties of this profession every way unprepared. They have not the requisite knowledge; neither have the skill and tact, the carefulness and intelligence, necessary to insure success.

T. # 32, p. 202.

There are those who have entered the medical profession who should have chosen some other calling. They are unsympathetic. They seem to think the proper way to do is to withhold all worldly sympathy, and gird up their compassion so that not a particle of it shall be drawn out. They are cold and uncommunicating, and leave no warm, cheering influence. They seem to think words of tenderness and compassion are an evidence of weakness.

Counsel to Phys. and Med. Students
p. 28.

God will surely advance the humble, faithful, praying, whole souled medical missionary, as he advanced Daniel and his fellows.

Sp. T. p. 557, Extracts from
Letter to Miss. Work. Oct. 2, '93.

The duties and qualifications of a physician are not small. The students need daily to lift responsibilities, that they may become burdened bearers. They may be inclined to prescribe the duties devolving upon them as medical practitioners, when they know nothing of their inability as far as experience is concerned. There is only one power that can make these students what they ought to be and keep them steadfast. It is the grace of God and the power of the truth, exerting a saving influence upon the life and upon the character. These students, who intend to deal with suffering humanity, will find no graduating place this side of heaven. Every bit of knowledge that is termed science, should

should be required, while the seeker daily acknowledges that the fear of God is the beginning of wisdom. Every item of experience and everything that can strengthen the mind, should be cultivated to the utmost of their power, while at the same time they should seek God for his wisdom, their consciences illuminated, quick and pure; for unless they are guided with the wisdom from above they become and easy prey to the deceptive power of Satan. They become inflated, large in their own eyes, pompous, self sufficient. The policy principle will most assuredly lead into difficulties. The truth, God's truth, must be cherished in the heart, and held in the strength of God or the powers of Satan will wrench it from you. You need to be self reliant and yet teachable, when you can have strength to be faithful to duty. To trust to your own resources, your own wisdom or strength, is folly. You will be brought to confusion if you do this. You can walk securely only when you follow the counsel of God.

Counsel to Phys. and Med. Students, p. 17.

Knowledge and science must be vitalized by the Spirit if God in order to serve the noblest purposes. The Christian alone can make a right use of knowledge. Science, in order to be fully appreciated, must be viewed from a religious stand point.

Christian Education, p. 32.

Those who take the lives of others in their hands must be men who have been marked as making life a success. They must be men of judgment and wisdom, men who can sympathize, and feel to the depths, men whose whole being is stirred when they witness suffering.

T. Vol. 2, p. 385.

ADVICE TO: -

I wish I could set before the medical students the true responsibility that rests upon them and their work. There is not one in one hundred who has a just sense of his position, his work, his accountability to God and how much God will do for him if he will make him his trust. The very first lesson he should learn is dependence upon God. Make God your counsellor at every step. The worldly and the nominal Christian may insinuate that in order for you to be successful you must be a policy man, you must at times depart from the strictest rectitude; but be not deceived, be not deluded. These temptations find a ready welcome in the heart of man; but I speak that which I know. Pamper not self. Throw not open a door for the enemy to take possession of the citadel of the soul. There is danger in the first and slightest departure from the strictest veracity. In your work, be true to yourself. Preserve your God given dignity in the fear of God. There is in your case the necessity of getting hold and keeping hold of the arm of infinite power.

Counsel to Phys. and Med. Students, p. 23, 24

Your medical students, in studying the word of God diligently are far better prepared for all other studies; for enlightenment always from an earnest study of the word of God. Let it be understood by medical missionaries that the better they become acquainted with God and Jesus Christ whom he has sent, the better they become acquainted with the Bible history, the better qualified they will be to do their work.-- There should be most faithful teachers, who strive to make the students understand their lessons, not by explaining everything themselves, but by letting the students explain thoroughly every passage which they read. Let the enquiring minds of the students be respected.

San. Coll. p. . 103. Dec. 1, '95.

They should work up an experience beginning at the lower round of the ladder, and by careful earnest, thoughtful exertion, climb round after round. Religion, Bible religion, being the main spring of action. They can not expect to be ranked by the side of Dr. Kellogg who has devoted his time, his energies and souls to the work for years, unless they shall give evidence of capabilities of mind, and intelligence in practice.

They must be content to come up gradually., and prove their ability by showing that they sense the responsibility laid upon the lesser matters. Physicians who have been able to obtain a diploma from a medical school, feel too much on an equal with Dr. Kellogg; when, from the light the Lord has given me, they have but just begun their education. There are but few who carry the load the Dr. Kellogg has carried, not one who has from the very commencement borne the heavy burden of care that he has borne. They do not love the taxing, burden bearing part. They will deal with the sick, but never lift the load. They take every thing very easy. The sick may approach the last crisis that wring the heart of the Dr. with intense pain because a light is going out and he can devise no means of saving that life, and another physician connected with him will not sense the danger, and devote time to sharp thought and severe mental labor. He works as a machine. He is as calm as a summer's evening, when he should be pressed as a cart beneath the sheaves. He takes it all as a matter of course, a thing that must be; when had he more the intensity of feeling possessed by Dr. Kellogg he would not throw off the burden for an instant, but by sharp thinking, by earnest prayer, would devise ways and means yet untried, and would perhaps not be able to save not only the life, but, through Christ, the soul of the patient.

Students should be willing to work under Dr. Kellogg, heed his suggestions, follow his advice, go as far as possible in thought, training, and intelligent enterprise, but never infringe upon a rule, never disregard one principle, that has been interwoven in the up building of the institution. The dropping down is easy enough, the disregard of regulations is natural to the heart inclined to selfish ease and gratification. It is so much easier to learn down than to build up. One man with his careless ideas may do more in this work of letting down the standard than ten men with all their efforts can do to counter and stay the demoralizing influence.--There are many who are in such haste to climb to distinctions that they skip some of the rounds of the ladder, and have, in so doing, lost essential experience, which they should had in order to become intelligent workers. In their zeal, the knowledge of many things looks unimportant to them. They skim over the surface, and do not go deep and thorough, climbing round after round of the ladder of progress, by the slow and painful process, and thus gaining an experience which will enable them to help others to ascend. We want men and women who are more thorough, and who feel it their duty to improve every talent lent them, that they may finally double their intrusted capital.

Counsel to Phys. & Med. Students, p. 15, 16.

A responsibility to spread the knowledge of hygienic principles rests upon all who have enjoyed the benefits of health reform. --There must be a revival in regard to this matter; for God purposes to accomplish much through this agency.

Sp. T. p. 124. Notes on health and temperance topics.

-----PHYSICIANS-----

GENERAL STATEMENTS:- The duties of the physician are arduous. Few realize the mental and physical strain to which he is subjected, every energy and capability must be enlisted with the most intense anxiety in the battle with disease and death. Often he knows that an unskilful movement of the hand, even by hair's breadth in the wrong direction, may send the soul unprepared into eternity.

T. # 32, p, 202.

The physician who endeavors to enlighten his patient as to the ~~natur~~ nature and cause of their maladies, and to teach them how to avoid disease, may have up hill work.

Christian Temperance p, 121.

Why should the Christian Physician, whose believing, expecting, looking, waiting, and longing for the coming and kingdom of Christ, when sickness and death will no longer have power over the saints, expect more pay for his services than the Christian editor or the Christian minister? He may say that his work is more wearing. That is yet to be proved. Let him work as he can endure it, and not violate the laws of life which he teaches to his patients. There are no good reasons why he should over work and receive more pay for it, more than the minister or editor. Let all who act a part in the institute and receive pay for their services act on the same liberal principle.

T. Vol. I, p. 641.

The physicians should keep well. They must not get sick by over labor, or by any imprudence on their part. ---The privilege of getting away from the health institute should occasionally be accorded to all the physicians. Especially to those who bear burdens of responsibilities. If there is such a scarcity of help that this can not be done, more help should be secured. To have physicians over worked, and thus dis-

qualified to perform the duties of their profession, is a thing to be dreaded.

T. Vol. 3, p. 182.

THE UNGODLY PHYSICIAN:- We may well distrust the ungodly physician. --Such physicians seem to have no tender sympathy. They are harsh and abrupt, and the sick dread their approach. Such men, however great their knowledge and skill, can do the suffering but little good.

T. #33 p, 201, 202.

I think it wrong to consult Spiritualist and Clairvoyant physicians. --The heathen sorcerers have their counterpart in the spiritualistic mediums, the clairvoyance and fortune tellers of to-day. The mystic voices that spoke at Ekron and Endor are still by their lying words misleading the children of men. The Prince of darkness has but appeared under a new guise. The mysteries of heathen worship are replaced by the secret associations and seances, the obscurities and wonders, of the sorceries of our town. -- His agents still claim to cure disease. They attribute their power to electricity, magnetism, or the so-called "sympathetic remedies." In truth, they are but channels for Satan's electric current. By this means he casts his spell over the bodies and souls of men.

T. # 31 p. 189.

THE CHRISTINA PHYSICIAN:- Satan is the originator of disease; and the physician is warring against his work and power.

T. # 32, p. 200.

Every energy and capability must be enlisted with the most intense anxiety with the battle of disease and death.

T. # 32, p. 202.

He will be firm as a rock to principle, yet kind and courteous to all. He will feel the responsibility of his position, and his practice

will show that he is actuated by pure, unselfish motives, and a desire to adorn the doctrine of Christ in all things.

T. #32, p. 195.

The Physician should know how to pray.

T. # 32 p. 199.

Both the health of the body and the salvation of the soul are in a great degree dependant upon the course of the physician. It is of the utmost consequence that they are right.; that they have not only scientific knowledge, but the knowledge of God's will and ways.

T. Vol. 4, p. 556.

The young physician has access to the God of Daniel. Through divine grace and power, he may become as efficient in his calling as Daniel was in his exalted position. But it is a mistake to make a scientific preparation the all important thing, while religious principles, that lie at the very foundation of a successful practice, are neglected. Many are lauded as skillful men in their profession, who scorn the thought that they need to rely upon Jesus for wisdom in their work. But if these men who trust in their knowledge of science were illuminated by the light of heaven, to how much greater excellence might they attain! How much stronger would be their powers, with how much greater confidence could they undertake difficult cases! The man who is closely connected with the great Physician of soul and body, has the resources of heaven and earth at his command, and he can work with a wisdom, and unerring precision, that the godless man can not possess. . .

T. #32 p. 204.

The physician needs more than human wisdom and power that he may know how to minister to the many perplexing cases of diseases of the mind and heart with which he is called to deal. If he is ignorant of the power of divine grace, he can not help the afflicted one, but will

aggravate the difficulty; but if he has a firm hold upon God, he will be able to help the diseased, distracted mind.

T. # 32, p. 200.

If he takes counsel of God, he will ~~move~~ with have the great healer to work with his efforts, and he will move with the greatest caution lest by his mismanagement he injure one of God's creatures.

T. # 32, p. 195.

SCIENTIFIC ATTAINMENTS OR:- Many have entered upon the duties of this profession every way unprepared. They have not the requisite knowledge; neither have they the skill and tact, the carefulness and intelligence necessary to insure success.

T. # 32, p. 202.

Physicians are not as thorough and intelligent as they ought to be in the practice of their profession. They resort to drugs, when greater skill and knowledge would teach them a more excellent way.

Unpublished Tes. 1888.

A skilful physician must understand the nature of various diseases, and must have a thorough knowledge of the human structure. He must be prompt in attending to the patient. He knows that delays are dangerous. When his experienced hand is laid upon the pulse of the sufferer, and he carefully notes the peculiar indications of the malady, his previous knowledge enables him to determine concerning the nature of the disease and the treatment necessary to arrest its progress.

T. Vol. 4, p. 267.

If he is an intelligent physician, he will be able to trace disease to its cause.

T. # 32, p. 196.

If he will observing and honest, he can not help acknowledging that sin and disease bear to each other the relationship of cause and effect.

The physician should be quick to see this, and to act accordingly.

T. # 32, p. 200.

There are constant temptations for physicians to exalt science above the God who is the ruler of the universe. There is danger that physicians will, little by little leave the implicit of Bible Faith in the power of God.

P. C. p. 146. April 15, '92.

All who engage in the acquisition of knowledge should aim to reach the highest round of progress. Let them advance as fast and as far as they can; Let their field of study be as broad as their powers can compass, making God their wisdom, clinging to him who is infinite in knowledge, who can reveal the secrets hidden for ages, who can solve the most difficult problems from minds, that believe in him who only have immortality, dwelling in the light that no man can approach unto. --The same principle runs through the spiritual and the natural world.

Sp. T. On Education, p. 216.

THE PHYSICIANS REACTIONS TO THE LAWS OF HEALTH:- It is wilful sin in them to be ignorant of the laws of health or indifferent to them; for they are looked up to as wise above other men.

T. # 32, p. 197.

If they do not put to practical use the knowledge they have of the laws that govern their own being, if they prefer present gratification to soundness of mind and body, they are not fit to be entrusted with the lives of others.

T. # 32, p. 197.

He will indulge in no habit that will weaken the life forces.

T. Vol. 32, p. 197.

The physicians in our institutions must be indued with the living principles of health reform. Men will never be truly temperate until the grace of Christ is an abiding principle in the heart.

P. C. p. 345. Oct. 12, '96.

Men are wanted at the institute who, will have the fear of God before them, and who can minister to sick minds, and keep prominent the health reform from a religious standpoint.

T. Vol. 3, p. 168.

To have physicians of our institutions educating, by precept and example, those under their care to use meat diet, after years of instruction from the Lord, disqualifies them to be superintendent of our institutions. --Individually you will not subsist on the flesh of dead animals, neith vil you put one morsel into the mouths of your children.

P. C. p. 266, Aug. 12, '96.

If the leading physician and his family are not reformers in this line, they can not educate others to give up the practice of meat eating. Light is to be given in this line and on all these subjects. It is the diet question that needs close investigations, and perscriptions should be made in accord with the health principles.

P. C. p. 268. Aug.

If a man who assumes so grave a responsibility as that of a physician sins against himself in not conforming to nature's laws, he will reap the consequences of his own doings, and abide her righteous decision from which there can be appeal. --His capabilities for good are lessened. He will lead others in the same path his own feet are traveling. Hundreds will follow the example of one intemperate physician, feeling that they are safe in doing what the doctor does. And in the day of God, he will meet the record of his course, and be called to given an account for all the good he might have done, but did not do, because by

his own voluntary act he weakens his physical and mental powers by selfish indulgence.

T. Vol. 32, p. 196.

PHYSICIANS RELATION TO HIS PATIENTS:- He will not look upon his patient as a mere piece of human mechanism, but as a soul to be saved or lost.

T. Vol. 32, p. 202.

Unless physicians can obtain the confidence of their patients, they can never help them.

T. Vol. 3, p. 79.

Never should a physician neglect his patients.

San. Coll. p. 27 .

Physicians are expected to know in a moment what to do, and unless they act at once as though they understood the disease perfectly, they are considered by impatient friends and by the sick, as incompetent physicians. How to Live 3: 62.

The work of the Christian physician does not end with healing the maladies of the body; his efforts should extend to the diseases of the mind, to the saving of the soul. It may not be his duty, unless asked, to present any theoretical points of truth; but he may point his patients to Christ. The lessons of the divine teacher are ever appropriate. He should call the attention of the repining to the ever fresh tokens of the love and care of God, to his wisdom and goodness as manifested in his created works. The mind can be through nature up to nature's God and centered on the heaven which he has prepared for those who love him.

T. # 32 , p. 199.

Physicians who would be successful in the treatment of disease, should know how to minister to a diseased mind. T. Vol. 3, p. 169

It should be the work of the God fearing physician to guide the mind of patients to right principles. If the minds of patients are left uneducated to their own natural bias, they will indulge appetite, because it is a habit, at the expense of health and life. --That which should be conscientiously questioned whether advisable to be brought into the diet of well persons has been made a part of even the prescriptions for sick people who would no much better without these things. True, their appetite craves them, and the disuse of these things will be felt strongly. But the only right course that can be pursued in these cases is to educate the conscience, to lay before them the effect of these things upon the physical and mental powers to weaken the constitution and induce disease.

San. Coll. p. 77, Feb. 1, '38.

Let your influence be persuasive, binding people to your hearts because you love Jesus, and these precious souls are his purchased possession. This is a great work! If, by your Christ like words and actions you make impressions that will kindle in their hearts a hungering and thirsting after righteousness and truth, you are a co-laborer with Christ.--Enlighten their minds by means of talks and lectures, in regard to the effects of tea, coffee, and flesh meats, and thus lead them to a voluntary correction of their habits.

San. Collection, p. 74.

When he has gained the confidence of the afflicted by relieving their sufferings and bringing them back from the verge of the grave, he may teach them that disease is the result of sin; and that it is the fallen foe who seeks to allure them to health- and souls-destroying practices. He may impress their minds with the necessity of denying self, and obeying the laws of life and health. In the minds of the young especially he may instill right principles. T. 32, 200.

~~The truth even is not to be~~ It seldom does any good to talk in a censuring manner to patients who are diseased in body and mind. But few have moved the society of the world, and who view things from a worldlings standpoint are prepared to have a statement of facts in regard to themselves presented before them. That truth even is not to be spoken at all times. There is a fit time and opportunity to speak, when words will not offend.

T. Vol. 3, p. 182.

The physician should be a strictly temperate man.--He knows much of the suffering he seeks to relieve is the result of intemperence and other forms of selfish indulgence. He is called to attend young men, and men in the prime of life and mature age, who have brought disease upon themselves by the use of narcotic tobacco. If he is an intelligent physician, he will be able to trace disease to its cause; but unless he is free from tobacco himself he will hesitate to put his finger upon the plague-spot, and faithfully unfold to his patients the cause of their sickness. He will fail to urge upon the young the necessity of overcoming the habit before it becomes fixed. . . . If he uses the weed himself how can he present to the inexperienced youth its injurious affects not only upon themselves but upon those around them?

F. # 32, p. 196.

How can he place the feet of others on the ladder of progress, while he himself is treading the downward way?

T. # 32, p. 199.

Physicians are not employed to prescribe a flesh diet for the patients; for it is this kind of diet that has made them sick.

P. C. p. 266. Aug. 12, '96.

The practicing physician will instruct those who do not understand how to preserve the health and strength they already have, and how to prevent disease by wise use of heaven's remedies, pure water, air and diet.

T. Vol. I, 491.

PHYSICIANS RELATION TO SOCIETY:- If he does the works enjoined upon him by the ruler of the universe, he will protest against iniquity in every form and in every degree; he will exert his authority and influence on the side of strict, undeviating obedience to the just requirements of God.

T. # 32, p. 197.

He may impress their minds with the necessity of denying self, and obeying the laws of life and health. In the minds of the young especially he may instill right principles.

T. # 32, p. 231.

Such a physician will possess a heaven born dignity, and will be a powerful agent for good in the world. Although he may not be appreciated by those who have no connection with God, yet he will be honored of heaven. In God's sight he will be more precious than gold, even the gold of Ophar.

T. # 32, p. 195.

If you are a christian and a competent physician, you are qualified to do ten fold more good as a missionary for God than if you were to go forth merely as a preacher of the word. Medical Miss. Vol. 2, p. 216.

While brought in contact with the world, you should be on your guard that you do not seek too ardently for the applause of men, and live for their opinion.

T. Vol. 4, p. 568.

MEDICAL MISSIONARY WORK.

The prosperity of the Medical Missionary Work is in God's order. This work must be done; the truth must be carried to the highways and hedges.

Sp. T. (767) No. 10, p. 30.

Why has it not been undertaken for the word of God that the work being done in Medical Missionary Work is a fulfillment of the scripture, "Go out quickly into the streets and lanes of the city, and bring in hither the poor, and the maimed, and the halt, and the blind." "Go out into the highways and hedges and say, that my house may be filled."

Review & Herald No. 91, 197.

The educational work in the medical missionary line is the great advance step toward awakening man to his moral responsibilities.

P. C. 316, Jan. 11, '97.

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their sakes, they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labor any where. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth.

Med. Miss. Vol. 2, p. 216.

They need and education in the science of how to treat the sick. For this will give them a welcome in any place.

P. C. p. 413, Dec. 20, '97.

If we would elevate the moral standard of any country where we may be called to go, we must begin by correcting their physical habits.

Med. Miss. Vol. 2, p. 216.

The Lord has given special light concerning our hygienic principles which should be taught. They are to educate those who are in ignorance as to how to live in accordance with pure principle. Practicing those things that will preserve the body in a healthful condition.

P. C. p. 139. July 9, '92.

The medical missionary can do a great amount of good by educating the people how to live.

Review & Herald, '95, No. 25.

Rally workers who possess true missionary zeal, and let them go forth to diffuse light and knowledge far and near. Let them take the living principles of health reform into communities that to a large degree are ignorant of what they should do.

P. C. 45. July '95.

The South is a field where Medical Missionary work can be one of the greatest blessings.

Sp. T. No. 6. p. 49. and P. C. 53, Nov. 20, '95.

Those who love Christ will do the work for Christ. They will not shun those who are despised, and turn aside from the colored race. They teach them how read and how to perform manual labor. Educating them to till the soil and follow trades of various kinds. --The work pointed out is the most needful Missionary enterprise.

Review & Herald '96, No. 2.

The medical missionary field is open before us. This work we begin to comprehend better-the light given years ago, that health reform principles would be as an entering wedge to be followed by religious influence. To voice the words of John, "Behold the Lamb of God that taketh away the sin of the world." We wish all to be enlightened to work intelligently as medical missionaries, for this will be as credentials to them to find access to homes and families where they can sow the seeds

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as truth. We want to feel as Christ felt; we cannot abandon the help-
less suffering ones to the evils of orphanage, and ignorance, and want,
and sin, and crime.

San Coll. June 13, '95.

WINTER DAY



ORPHANS

CHRISTIAN HELP WORK.

CHRIST'S AMBASSADORS:- This is a special work now before us.

T. Vol. 2, p. 34.

The Lord has set before you another work, the work of extending the truth by establishing centers of ~~work~~ interest in cities, and ^{highways} ~~semi-rural districts, and highways and hedges, and cities, visiting from house to house,~~

Ep. 743. No. 10, p. 6.

sending workers into the highways and hedges.

Ep. 743. No. 10, p. 6.

Many individuals might be laboring in towns and cities, visiting from house to house, becoming acquainted with families, entering into their social life, dining at their tables, entering into conversation by their firesides, dropping the precious seeds of truth all along the line. As they exercise their talents, Christ will give them wisdom, and many believers will be found rejoicing in the knowledge of the truth as a result of their labors.

Review '96, No. 28.

No verbal description could reveal God to the world. Our Saviour employs the human faculties, for only by adopting these could he be comprehended by humanity. Only humanity could reach humanity. He lived out the character of God through the human body which God had prepared for him.--if our people would administer to other souls who need their help, they would themselves be ministered unto by the chief Shepherd, and thousands would be rejoicing in the fold who are now wandering in the desert. Let every soul go to work to seek and to save the lost. Let every soul labor not in visiting among our churches, but in visiting the dark places of the earth where there no church.

Review & Herald, No. 25, '96.

In the path which the poor, the neglected, the suffering, and the sorrowing must tread, Christ walked while on earth, taking upon him all the cross which the afflicted must bear. His home was among the poor. His family was not distinguished by learning, riches, or position. For many years he worked at his trade as a carpenter.

Sp. T. p. 508. Inst. to R. & H.
May 26, 1896.

Union with Christ means the dispensing of his blessing.

Signs '95, No. 27.

The angels look upon the distressed of God's family upon the earth, and they are prepared to co-operate with the human agent in relieving oppression and suffering. They will co-operate with those who "brake every yoke," who "Bring the poor that are cast out to their house;

Review '95, No. 1.

OUR DUTY TO THE POOR:- There is no case of need for which some one is not responsible.

Signs '95, No. 37.

As long as there are hungry ones in God's world to be fed, naked ones to be clothed, souls perishing for the bread and water of salvation, every-necessary indulgence, every over plus of capital, pleads for the poor and the naked.

Signs '92, No. 32.

The poor and the needy were objects of his special attention. He sought to inspire with hope the most rough and unpromising, setting before them the idea that they might become blameless and harmless, attaining such a character as would make them manifest as the children of God among a crooked and perverse nation among whom they would shine as light in the world.

Signs '96, No. 31.

What sacrifice are we ready to make that we may find the lost pearl and place it in the hands of our Saviour? The cities are teeming with iniquity, and Satan suggests that it is impossible to do any good withing; and so they are sadly neglected. But there are lost pearls there whose value you can not realize untill you earnestly seek to find them. There might be 100 where there is but one, who might be seeking dilligently, prayerfully, and with intense interest, to find the pearls that are buried in the rubbish of these cities.

Review & Herald '96, No. 16.

When heavenly intelligences see those who claim to be sons and daughters of God putting forth Christ like efforts to help the erring, manifesting a tender, sympathetic spirit for the repentant and the fallen, angels press close to them, and bring to their remembrance the very words that will sooths and uplift the soul. ---Jesus has given his precious life, his personal attention, to the least of God's little ones; and the angels that excell in strength and campround about them that fear God. Then let us be on our guard, and never permit one contemptous thought to occupy the mind in regard to one of the little one of God. We should look after the erring with solicitude and speak encouraging words to the fallen, and fear lest by some unwise action we shall turn them away from the pitying Saviour.--There is a large, a very large number of straying and lost sheep that have perished in the wild deserts of sin, simply because no one went after them, to bring them back to the fold. Jesus uses the Illustration of the lost sheep to show the need of seeking after those who have wandered from him; for a sheep once lost will never find its way back to the fold without help. It must be sought for, it must be brought back to the fold.

Review '96, No. 26.

OUR DUTY TO THE SICK:- We shall find the foot prints of Jesus by the sick bed, by the side of suffering humanity, in the hovels of the poverty stricken and distressed. We may walk in his footsteps, comforting the suffering, speaking words of hope and comfort to the dispondant. Doing as Jesus did when he was upon earth, we shall walk in his blessed steps.

Review & Herald '96, No. 23.

When the sick and wretched applied to the Saviour for help, he first releaved the poor, suffering body befora he attempted to administer to the darkened mind. When the present misery of the suppliant was removed, his thought could better be directed into the channel of light and truth.

Signs '89, No 2.

When he sent out his disciples, he commissioned them to heal the sick as well as to preach the gospel. When he sent forth the seventy, he commanded them to heal the sick, and next to preach that the kingdom of God was come nigh unto them. Their physical health was to be first care for in order that the way might be prepared for their minds to be reached by those truths which the apostiles were to preach. The Saviour of the world devoted more time and labor to healing the afflicted of their maladies than to preaching. His last injunction to his apostiles, his representatives upon the earth, was to lay hands on the sick that they might recover. When the Master shall come, he will commend those who have visited the sick and releaved the necessities of the afflicted.

T. Vol. 4, p.223.

OUR DUTY TO THE ORPHANS AND THE AGED:- There are multitudes of poor children who need care and protection. There are multitudes of aged people who are dependant upon others for the necessities of life. The Lord has not designed that these sufferers should be neglected.

Review & Herald '96. No, II

Let the condition of helpless little ones appeal to every mother's heart, that she may put into exercise a mother's love for homeless orphan children. Their helplessness appeals to every God given attribute in human nature.

Med. Miss. Vol. 4, No. II. p. 321.

Do we expect that those who are lost will be faultless? --If you would do something to be approved of heaven, take a child who needs help, who needs forbearance, and the grace of Christ. We choose associates because we think they will benefit us; but Christ sought associations with those with whom he could benefit.

Signs '89, No. 13.

BLESSINGS TO CHRISTIAN HELPERS:- Our happiness will be proportionate to our unselfish works, Promoted by divine love; for in the plan of salvation God has appointed the law of action and reaction, making the work of beneficence, in all its branches twice blessed.

Signs '86, No. 22. Thought from Mount of Blessing, p. 114.

No one can give place in his own heart and life for the stream of God's blessing to flow to others, without receiving in himself a rich reward.

Mount of Blessing p. 112.

CHILDREN OF ISRAEL.

Satan's snares are laid for us as verily as they were laid for the Children prior to their entrance in the land of Canaan. We are repeating the history of that people.

T. # 31, p. 156.

I have seen that self glorification was becoming common among Seventh-Day Adventists, and that unless the pride of man should be abased and Christ exalted, we should, as a people, be in no better condition to receive Christ at his second advent than were the Jewish people to receive him at his first advent.--Their history should be a solemn warning to us.

T. # 33, p. 256.

The apostle Paul plainly states that the experience of the Israelites in their travels has been recorded for the benefit of those living in this age of the world, those upon whom the ends of the world are to come. We do not consider that our dangers are any less than those of the Hebrews but greater.

T. Vol. 3, p. 358.

God in mercy called them out from the Egyptians, that they might worship him without restraint. He wrought for them on the way many miracles, he proved and tried them by bringing them into straight places. After the wonderful dealings of God with him, and their deliverance so many times, they murmur when tried or proved by them. Their language was, "Would to God we had died by the hand of the Lord in the land of Egypt." They lusted for the leeks and onions there. -- We have done worse than they.

T. Vol. I, p. 129.

The Lord intends to bring his people back to live upon simple fruits vegetables and grains. He led the Children of Israel into the wilderness, where they could not get a flesh diet; and he gave them the bread of heaven. "Man did eat angel's food." But they craved the flesh pots of Egypt, and mourned and cried for flesh, not withstanding that the Lord had promised that if they would submit to his will, he would carry them into the land of Canaan, and establish them there, a pure, holy, happy people, and there should not be a feeble one among all their tribes; he would take away all sickness from among them. But although they had a plain "Thus saith the Lord," they mourned and wept, and murmured and complained, untill the Lord was wrath with them. Because they were so determined to have the flesh of dead animals he gave them the very diet that he had withheld from them. The Lord would have given them flesh had it been essential for their health, but he created and redeemed them, led them the long journey in the wilderness to educate, discipline, and train them in correct habits. The Lord understood what influence flesh eating has upon the human system. He would have a people that would, in their physical appearance, bear the divine credentials, not withstanding their long journey.

P. C. p, 269. Nov. 5, 1896.

The religion of many among us will be the religion of apostate Israel, because they love their own way, and forsake the way of the Lord.

Sp. T. p. 118.

Danger of Adopting Worldly policy, Nov. 3, '90.

I was shown that the follies of Israel, in the days of Samuel will be repeated among the people of God to-day, unless there is greater humility, less confidence in self, and more trust in the Lord God of Israel the ruler of the people.

Sp. T. p. 113. Id.

"Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the

sea; and we all baptized unto Moses in the cloud and in the sea; and did all eat the same spiritual meat; and did all drink the same spiritual drink; or they drank of that spiritual rock that followed them: and that rock was Christ. But with many of them God was not well pleased for they were overthrown in the wilderness." The experience of Israel, referred to in the above words, by the apostle, and as recorded in the 105th and 106th Psalms, contains lessons of warning that the people of God in these last days especially need to study. I urge that these chapters be read at least once every week.

Sp. T. To B. C. Church p. 43.
(472)

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Review & Herald, 1893, No. 16.

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