
Subject: The 8 Laws Of Health

Posted by [Wolf](#) on Sun, 15 Jul 2018 01:40:23 GMT

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1. Air

â€¢ 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 refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound, sweet sleep.--T., V. I, p. 702.

â€¢ Air is the free blessing of heaven, calculated to electrify the whole system.--T., V. I, p. 701.

â€¢ Air must be in constant circulation to be kept pure.--T., V. I, p. 702

2. Sunlight

â€¢ There are but few who realize that, in order to enjoy health and cheerfulness, they must have an abundance of sunlight, pure air, and physical exercise. . . . {DG 175.1}

â€¢ No room in the house should be considered furnished and adorned without the cheering, enlivening light and sunshine, which are Heaven's own free gift to man. . . . --HR, Apr. 1, 1871.

â€¢ Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home. 373 {CCh 219.6}

3. Abstimousness

â€¢ 1 Corinthians 9:25 "And every man that striveth for the mastery is temperate in all things..."

â€¢ 1 Corinthians 10:31 "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

â€¢ Abstemiousness in diet is rewarded with mental and moral vigor; it also aids in the control of the passions. {CD 126.3}

â€¢ Abstemiousness in diet, and control of all the passions, will preserve the intellect and give mental and moral vigor, enabling men to bring all their propensities under the control of the higher powers, and to discern between right and wrong, the sacred and the common. TSDF 36.4

â€¢ True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body. {CG 398.3}

â€¢ Those who eat and work intemperately and irrationally, talk and act irrationally. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating--eating too frequently, too much, and of rich, unwholesome food--destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. {CG 398.4}

â€¢ Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things. {CC 273.3}

⌘ At the time the light of health reform dawned upon us, and since that time, the questions have come home every day, "Am I practicing true temperance in all things?" "Is my diet such as will bring me in a position where I can accomplish the greatest amount of good?" If we cannot answer these questions in the affirmative, we stand condemned before God, for He will hold us all responsible for the light which has shone upon our path. The time of ignorance God winked at, but as fast as light shines upon us, He requires us to change our health-destroying habits, and place ourselves in a right relation to physical laws. {CD 19.3}

4. Rest

⌘ Those who have broken down by intense mental labor, should have rest from wearing thought; yet to teach them that it is wrong, or even dangerous, for them to exercise their mental powers at all, leads them to view their condition as worse than it really is. They are nervous, and finally become a burden to themselves, as well as to those who care for them. In this state of mind, their recovery is doubtful indeed. {CTBH 100.2}

⌘ Make it a habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the brain and then there is restlessness and wakefulness, and the precious sleep that should rest the body does not come when desired.{DG 177.1}

⌘ No student should form the habit of sitting up late at night to burn the midnight oil, and then take the hours of day for sleep. If they have been accustomed to doing this at home, they should seek to correct their habits and go to rest at a seasonable hour, and rise in the morning refreshed for the day's duties. In our schools the lights should be extinguished at half past nine. {CE 124.1}

5. Exercise

⌘ 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.-- S. of T., 1886, No. 33.

⌘ There is quite a difference between weariness and exhaustion.-- S. A., p. 64.

⌘ The compression of the waist will not allow free action of the muscles.-- H. R. {HL 127.3}

⌘ Another precious blessing is proper exercise. -- T., V. II, p. 528.

⌘ They should go out and exercise every day, . . . make it their object to do some good, working to the end of benefiting others.-- T., V. II, p. 531.

Types of Exercise:

⌘ Gymnastics - 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 partially lifeless through inaction. The motion of these long disused muscles will cause pain, because nature is awakening them to life.-- T., V. III, p. 78.

⌘ Manual 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 mechanic 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 former finds in his labor all the movements that were ever practised in the gymnasium. And his movement room is the open fields; the canopy of heaven is its roof, the solid earth is its floor.-- S. of T., 1886, No. 33.

â€¢ 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 dependence, while they neglect to exercise their muscles themselves, is a great mistake.-- T., V. III, p. 76.

â€¢ Walking - here 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 use.-- T., V. III, p. 78.

When to Exercise:

â€¢ 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., V. II, p. 530.

â€¢ Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.-- H. R. {HL 130.4}

â€¢ Neither study nor violent exercise should be engaged in immediately 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 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., V. II, p. 413.

Benefits of Exercise:

â€¢ God designed that the living machinery should be in daily activity; for in this activity or motion is its preserving power.-- H. R. {HL 131.3}

â€¢ By active exercise in the open air every day the liver, kidneys, and lungs also will be strengthened to perform their work.-- T., V. II, p. 533.

â€¢ Healthy, active exercise is what you need. This will invigorate the mind.-- T., V. II, p. 413.

â€¢ 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., V. III, p. 77.

â€¢ The more we exercise, the better will be the circulation of the blood.-- T., V. II, p. 525.

â€¢ The diseased stomach will find relief by exercise.--T., V. II, p. 530.

â€¢ Exercise is important to digestion, and to a healthy condition of body and mind.--T., V. II, p. 413

â€¢ Useful employment would bring into exercise the enfeebled muscles, enliven the stagnant blood in the system, and arouse the torpid liver to perform its work. The circulation of the blood would be equalized, and the entire system invigorated to overcome bad conditions.--H. R. {HL 134.1}

6. Food

â€¢ Genesis 1:29 "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

â€¢ With our first parents, imtemperate desire resulted in the loss of Eden. Temperance in all things has more to do with our restoration to Eden than men realize. {CD 43.2}

â€¢ Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. {CD 81.2}

â€¢ God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man's wants required. {CD 81.2}

7. Pure Water

â€¢ In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood.--MH 237 (1905)

â€¢ Pure water to drink and fresh air to breathe, . . . invigorate the vital organs, purify the blood, and help nature in her task of overcoming the bad conditions of the system.--RH, Dec. 5, 1899.

8. Trust in God

â€¢ Proverbs 17:22 "A merry [rejoicing] heart doeth good like a medicine."

â€¢ Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. {OFC 49.2}

â€¢ Gratitude, rejoicing, benevolence, trust in God's love and care--these are health's greatest safeguard. {OFC 49.3}

â€¢ Trust in the Lord. Let not the feelings, the speeches, or the attitude of any human agent depress you. Be careful that in words or act you do not give others any opportunity to obtain the advantage in hurting you. Keep looking unto Jesus. He is your strength. By beholding Jesus you will become changed into His likeness. He will be the health of your countenance and your God. . . {OFC 242.5}

â€¢ Psalms 9:10 And they that know thy name will put their trust in thee: for thou, LORD, hast not forsaken them that seek thee.