

Lifestyle Choices

5:30 Rising Time.	1. Take a cool shower or cool sponge bath. 2. Drink ____oz of warm water with the juice of one lemon. 3. Take a walk outdoors for 10-15 minutes, breath deep.
6:30 Tea ____cups of: •List three things for which you are thankful: Trust and Healing.	Personal devotional time
7:00 Breakfast	80% Fresh Fruit (minimum): _____ Nuts and Seeds: _____ 20% cooked (at most): _____
Supplements:	
9:00 Walk 10-15 min	Therapeutic: _____ Clothing: _____
9:45 Stress management	
10:45 Water ____oz with: Walk 5-15 minute outdoors.	Charcoal
11:00 Exercise / Garden / Treatment:	
1:30 Lunch	80% Fresh Vegetables/ Herbs: _____ 20% cooked (at most): _____
Supplements:	
2:30 Walk 10-15 min	Outdoors
3:15 Lecture	Be on time for these interesting presentations!
4:15 Water ____oz with: •Walk 5-15 minute outdoors.	
4:30 Therapy	Treatment:
6:30 Therapy , to end with going to bed.	Treatment:
To bed after treatment, or no later than 9:29 pm.	Charcoal Poultice etc:

Thriving in Health

Making Sense of Recommendations

Program rationale:

In God we live and move and have our being. Every breath, every throb of the heart, is a continual evidence of the power of an ever-present God." {8T 260.2}

If God is keeping me alive all the time, why could He not just as well keep me alive well as sick? And what would make the difference?

"If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." Exodus 15:26

It is in obedience to God's laws of life that life may be available to us.

"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God has pledged himself to keep this machinery in healthful action, if the human agent will obey his laws, and co-operate with God. 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 Lord's wonderful mechanism, by disregarding his specified laws in the human habitation, is a violation of God's law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful." {GCDB, February 18, 1897 par. 1}

"Those who perceive the evidence of God's love, who understand something of the wisdom and beneficence of his laws, 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 an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it as it really is--an inestimable blessing."-- {GCDB, February 18, 1897 par. 2}

What if I am already sick?

If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments. {MM 223.4}

What can I do to aid recovery?

The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained.

Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. {MH 127.1}

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. {MH 127.2}

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. {MH 127.3}

Can I ask for a miracle?

Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy. We ask to be kept from the pestilence that walketh in darkness, that is stalking with such power through the world; we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength. We are to eat that food which will preserve the health of the body. God gives us no encouragement that He will do for us what we can do for ourselves. Natural laws are to be obeyed. We are not to fail of doing our part. God says to us, "Work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure" (Philippians 2:12, 13). {2SM 346.4}

We cannot disregard the laws of nature without disregarding the laws of God. We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which, aptly and opportunely applied, will bring about a miraculous result. {2SM 346.5}

Therefore, pray, believe, and work.--Letter 66, 1901. {2SM 347.1}

God wants to be your healer!

Schedule Regularity

"To every thing there is a season, and a time to every purpose under the heaven:"
Ecclesiastes 3:1

Brethren and sisters must not be sick upon the encampment. If they clothe themselves properly in the chill of morning and night, and are particular to vary their clothing according to the changing weather, so as to preserve proper circulation, and strictly observe regularity in sleeping and in eating of simple food, taking nothing between meals, they need not be sick. They may be well during the meeting, their minds may be clear and able to appreciate the truth, and they may return to their homes refreshed in body and spirit. {2T 602.2}

If it falls to your lot to prepare the meals, make careful calculations, and give yourself all the time necessary to prepare the food, and set it on the table in good order, and on exact time. To have the meal ready five minutes earlier than the time you have set is more commendable than to have it five minutes later. {CG 125.2}

You should have regular hours for rising, for praying, and for eating. {5T 181.3}

Morning Bath:

Most persons would receive benefit from a cool or tepid bath every day, morning or evening. {MH 276.2}

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; and there will be less inclination to indulge in impure practices. Teach the little ones that God is not pleased to see them with unclean bodies and untidy, torn garments. Tell them that He wants them to be pure without and within, that He may dwell with them. {CG 461.2}

Upon rising in the morning, most persons would be benefited by taking a sponge or hand bath. This will remove all impurities from the skin, and keep it moist and supple, thereby aiding the circulation. Persons in health should on no account neglect frequent bathing. Whether a person is sick or well, respiration is rendered more free and full by bathing. The mind and body are alike invigorated. The muscles become more flexible, every faculty of the intellect is made brighter. The bath is a soother of the nerves. Instead of increasing the liability of taking cold, it fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow of the vital fluid is obtained. {CTBH 107.1}

Lemon Water

In the morning I take lemon and water. I drink nothing between meals unless it be occasionally some lemon and water. {21MR 290.6}

Thousands have died for want of pure water and pure air who might have lived. And thousands of invalids, who are a burden to themselves and others, think that their lives depend upon taking medicines from the doctors. They are continually guarding themselves against the air and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened and let medicine alone, and accustom themselves to outdoor exercise and to air in 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. {CH 55.3}

Morning Walk

When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would 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. {2T 529.1}

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 brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. {ML 136.5}

Herbal Tea:

As to drugs being used in our institutions, it is contrary to the light which the Lord has been pleased to give. The drugging business has done more harm to our world and killed more than it has helped or cured. The light was first given to me why institutions should be established, that is, sanitariums were to reform the medical practices of physicians. This is God's method. The herbs that grow for the benefit of man, and the little handful of herbs kept and steeped for sudden ailments, have served tenfold, yes, one hundred-fold better purpose, than all the drugs hidden under mysterious names and dealt out to the sick. It is a delusion and farce, and the Lord has revealed to me that this practice would not preserve life, but would introduce into the system those things which should never be there, for they would do a deleterious work on the human organism. {PC 31.2}

Personal devotional time

Christ and His Word are in perfect harmony. Received and obeyed, they open a sure path for the feet of all who are willing to walk in the light as Christ is in the light. If the people of God would appreciate His Word, we should have a heaven in the church here below. Christians would be eager, hungry, to search the Word. They would be anxious for time to compare scripture with scripture, and to meditate upon the Word. They would be more eager for the light of the Word than for the morning paper, magazines, or novels. Their greatest desire would be to eat the flesh and drink the blood of the Son of God. And as a result, their lives would be conformed to the principles and promises of the Word. Its instruction would be to them as the leaves of the tree of life. It would be to them a well of water, springing up unto everlasting life. Refreshing showers of grace would refresh and revive the soul, causing them to forget all toil and weariness. They would be strengthened and encouraged by the words of inspiration. {ST, October 10, 1906 par. 2}

We need to understand these words of Christ, "The flesh profiteth nothing. The words that I speak unto you, they are spirit, and they are life"--the Holy Word accepted and brought into the practical life. Spiritual life consists in Christ's being the light and life of the soul temple, as the blood is the life of the body. All who study the word are represented as eating the word, feeding on Christ. . . . Even as the bodily necessities must be supplied daily, so the word of God must be daily studied--eaten, and digested, and practiced. This sustains the nourishment, to keep the soul in health. The neglect of the word means starvation to the soul. The word describes the blessed man as one meditating day and night upon the truths of God's word. We all are to feast upon the word of God. The relation of the word to the believer is a vital matter. Appropriating the word to our spiritual necessities is the eating of the leaves of the tree of life that are for the healing of the nations. Study the word, and practice the word, for it is your life.--Ellen G. White Letter 4, 1902. {CSW 43.2}

True religion brings man into harmony with the laws of God, physical, mental, and moral. It teaches self-control, serenity, temperance. Religion ennobles the mind, refines the taste, and sanctifies the judgment. It makes the soul a partaker of the purity of

heaven. Faith in God's love and overruling providence lightens the burdens of anxiety and care. It fills the heart with joy and contentment in the highest or the lowliest lot. Religion tends directly to promote health, to lengthen life, and to heighten our enjoyment of all its blessings. It opens to the soul a never-failing fountain of happiness. Would that all who have not chosen Christ might realize that He has something vastly better to offer them than they are seeking for themselves. Man is doing the greatest injury and injustice to his own soul when he thinks and acts contrary to the will of God. No real joy can be found in the path forbidden by Him who knows what is best, and who plans for the good of His creatures. The path of transgression leads to misery and destruction; but wisdom's "ways are ways of pleasantness, and all her paths are peace." Proverbs 3:17. {PP 600.2}

Gratitude therapy:

The gifts which the gospel offers are not to be secured by stealth or enjoyed in secret. So the Lord calls upon us for confession of His goodness. "Ye are My witnesses, saith the Lord, that I am God." Isa. 43:12. {DA 347.2}

Our confession of His faithfulness is Heaven's chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine. Every individual has a life distinct from all others, and an experience differing essentially from theirs. God desires that our praise shall ascend to Him, marked by our own individuality. These precious acknowledgments to the praise of the glory of His grace, when supported by a Christ-like life, have an irresistible power that works for the salvation of souls. {DA 347.3}

When the ten lepers came to Jesus for healing, He bade them go and show themselves to the priest. On the way they were cleansed, but only one of them returned to give Him glory. The others went their way, forgetting Him who had made them whole. How many are still doing the same thing! The Lord works continually to benefit mankind. He is ever imparting His bounties. He raises up the sick from beds of languishing, He delivers men from peril which they do not see, He commissions heavenly angels to save them from calamity, to guard them from "the pestilence that walketh in darkness" and "the destruction that wasteth at noonday" (Ps. 91:6); but their hearts are unimpressed. He has given all the riches of heaven to redeem them, and yet they are unmindful of His great love. By their ingratitude they close their hearts against the grace of God. Like the heath in the desert they know not when good cometh, and their souls inhabit the parched places of the wilderness. {DA 348.1}

It is for our own benefit to keep every gift of God fresh in our memory. Thus faith is strengthened to claim and to receive more and more. There is greater encouragement for us in the least blessing we ourselves receive from God than in all the accounts we can read of the faith and experience of others. The soul that responds to the grace of God shall be like a watered garden. His health shall spring forth speedily; his light shall rise in obscurity, and the glory of the Lord shall be seen upon him. Let us then remember the loving-kindness of the Lord, and the multitude of His tender mercies. Like the people of Israel, let us set up our stones of witness, and inscribe upon them the precious story of what God has wrought for us. And as we review His dealings with us in our pilgrimage, let us, out of hearts melted with gratitude, declare, "What shall I

render unto the Lord for all His benefits toward me? I will take the cup of salvation, and call upon the name of the Lord. I will pay my vows unto the Lord now in the presence of all His people." Ps. 116:12-14. {DA 348.2}

Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house? {MH 251.1}

"Let the peace of God rule in your hearts; . . . and be ye thankful." Colossians 3:15. Forgetting our own difficulties and troubles, let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven. {MH 253.2}

Trust and Healing:

When the light came that we should begin sanitarium work, the reasons were plainly given. There were many who needed to be educated in regard to healthful living. As the work developed, we were instructed that suitable places were to be provided, to which we could bring the sick and suffering who knew nothing of our people and scarcely anything of the Bible, and there teach them how to regain health by rational methods of treatment without having recourse to poisonous drugs, and at the same time surround them with uplifting spiritual influences. As a part of the treatment, lectures were to be given on right habits of eating and drinking and dressing. Instruction was to be given regarding the choice and the preparation of food, showing that food may be prepared so as to be wholesome and nourishing and at the same time appetizing and palatable. {CH 469.3}

The paralytic found in Christ healing for both the soul and the body. The spiritual healing was followed by physical restoration. This lesson should not be overlooked. There are today thousands suffering from physical disease, who, like the paralytic, are longing for the message, "Thy sins are forgiven." The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. They can find no relief until they come to the Healer of the soul. The peace which He alone can give, would impart vigor to the mind, and health to the body. {DA 270.1}

Breakfast

It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day. {CD 173.2}

It would be well for us to do less cooking and eat more fruit in its natural state. Let us eat freely of fresh grapes, apples, peaches, oranges, blackberries, and all other kinds of fruit which can be obtained. Let these be prepared for winter use by canning, always using glass instead of tin. {21MR 286.1}

If ever there was a time when the diet should be of the most simple kind, it is now. 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. Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven. The less feverish the diet, the more easily can the passions be controlled. Gratification of taste should not be consulted irrespective of physical, intellectual, or moral health. {CH 42.2}

We are coming to the time when recipes for cooking will not be needed, for God's people will learn that the food God gave Adam in his sinless state is the best for keeping the body in a sinless state. {21MR 286.3}

The food provided for the patients is wholesome and palatable. The diet is composed of fruits and grains and nuts. Here in California there is an abundance of fruit of all kinds. {CD 414.4}

I would advise all to take something warm into the stomach every morning at least. You can do this without much labor. 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 and healthful dish for the campground. And if your bread is dry, crumb it into the gruel, and it will be enjoyed. 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. 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. {2T 603.1}

We breakfast at seven, and take our dinner at one. It is seldom I have a faint feeling. My appetite is satisfied. My food is eaten with a greater relish than ever before. {TSDF 122.5}

Few Supplements:

A practice that is laying the foundation of a vast amount of disease and of even more serious evils, is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues. {CH 89.1}

Walk after breakfast

Exercise aids the dyspeptic by giving the digestive organs a healthy tone. To engage in deep study or violent exercise immediately after eating, hinders the digestive process; for the vitality of the system, which is needed to carry on the work of digestion, is called away to other parts. But a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. The mind is diverted from self to the beauties of nature. The less the attention is called to the stomach, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget your troubles; think of something cheerful. {CD 103.3}

Lecture

As a part of the treatment, lectures were to be given on right habits of eating and drinking and dressing. Instruction was to be given regarding the choice and the preparation of food, showing that food may be prepared so as to be wholesome and nourishing and at the same time appetizing and palatable. {CH 469.3}

stress management

Sickness of the mind prevails 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. There are erroneous doctrines also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds. Infidels have made the most of these unfortunate cases, attributing insanity to religion; but this is a gross libel and one which they will not be pleased to meet by and by. 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. {5T 443.4}

Water

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. {CD 419.1}

Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. 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. Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit. Food should not be washed down; no drink is needed with meals. Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues. {CD 420.1}

Walk

When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would 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. {2T 529.1}

Therapy

The treatment we gave when the sanitarium was first established required earnest labor to combat disease. We did not use drug concoctions; we followed hygienic methods. This work was blessed by God. It was a work in which the human instrumentality could cooperate with God in saving life. There should be nothing put into the human system that would leave its baleful influence behind. And to carry out the light on this subject, to practice hygienic treatment, and to educate on altogether different lines of treating the sick, was the reason given me why we should have sanitariums established in various localities. {2SM 293.4}

The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. {CCh 218.2}

Lunch

God's Diet

If fruits, vegetables and grains are not sufficient to meet the wants of man, then the Creator made a mistake in providing for Adam. {ST, January 6, 1876 par. 19}

Fresh Food

If men today were simple in their habits, living in harmony with nature's laws, as did Adam and Eve in the beginning, there would be an abundant supply for the needs of the human family. There would be fewer imaginary wants, and more opportunities to work in God's ways. But selfishness and the indulgence of unnatural taste have brought sin and misery into the world, from excess on the one hand, and from want on the other. {DA 367.1}

It would be well for us to do less cooking and eat more fruit in its natural state. Let us eat freely of fresh grapes, apples, peaches, oranges, blackberries, and all other kinds of fruit which can be obtained. {21MR 286.1}

God will give His people ability and tact to prepare wholesome food.... Let our people in Australia discard all unwholesome recipes and learn how to live healthfully, in accordance with the directions God has given. Let them impart this knowledge as they would Bible instruction. Let them preserve the health and increase the strength by avoiding the large amount of cooking which has filled the world with chronic invalids. We are coming to the time when recipes for cooking will not be needed, for God's people will learn that the food God gave Adam in his sinless state is the best for keeping the body in a sinless state. {21MR 286.3}

Well-Cooked Food For Some Sick

Because it is wrong to eat merely to gratify perverted taste, it does not follow that we should be indifferent in regard to our food. It is a matter of the highest importance. No one should adopt an impoverished diet. Many are debilitated from disease and need nourishing, well-cooked food. Health reformers, above all others, should be careful to avoid extremes. The body must have sufficient nourishment. {CH 118.1}

In a medical institution there are varied appetites to satisfy. Some require well-prepared vegetables to meet their peculiar needs. Others have not been able to use vegetables without suffering the consequences. The poor, sick dyspeptics need to be

given many words of encouragement. Let the religious influence of a Christian home pervade the sanitarium. This will be conducive to the health of the patients. All these things have to be managed carefully and prayerfully. The Lord sees the difficulties to be adjusted, and He will be your helper. {13MR 40.2}

More can be accomplished for sick people by regulating their diet than by all the baths that can be given them. {CD 408.3}

We breakfast at seven, and take our dinner at one. It is seldom I have a faint feeling. My appetite is satisfied. My food is eaten with a greater relish than ever before. {TSDF 122.5}

Walk

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and disease is the result. {MH 238.1}

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. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of something cheerful. {2T 530.1}

Garden Therapy

Encourage the patients to be much in the open air. Devise plans to keep them out of doors, where, through nature, they can commune with God. Locate sanitariums on extensive tracts of land, where in the cultivation of the soil patients can have opportunity for healthful outdoor exercise. Such exercise, combined with hygienic treatment, will work miracles in restoring and invigorating the diseased body, and refreshing the worn and weary mind. Amid conditions so favorable the patients will not require so much care as if confined in a sanitarium in the city. Nor will they in the country be so much inclined to discontentment and repining. They will be ready to learn lessons in regard to the love of God—ready to acknowledge that He who cares so wonderfully for the birds and the flowers will care for the creatures formed in His own image. Thus opportunity is given physicians and helpers to reach souls, uplifting the God of nature before those who are seeking restoration to health. {CH 171.1}

Water

I sometimes meet with young women lying in bed sick. They complain of headache. Their pulse may be firm, and they be full in flesh; yet their sallow skins indicate that they are bilious. My thoughts have been that, if I were in their condition, I should know at once what course to pursue to obtain relief. Although I might feel indisposed, I should not expect to recover while lying in bed. I should bring willpower to my aid, and should leave my bed and engage in active physical exercise. I should strictly observe regular habits of rising early. I should eat sparingly, thus relieving my system of unnecessary burden, and should encourage cheerfulness, and give myself the benefits of proper exercise in the open air. I should bathe frequently, and drink freely of pure,

soft water. If this course should be followed perseveringly, resisting the inclination to do otherwise, it would work wonders in the recovery of health. {MM 106.6}

I should bathe frequently, and drink freely of pure, soft water. If this course should be followed perseveringly, resisting the inclination to do otherwise, it would work wonders in the recovery of health. {MM 106.6}

Charcoal in water

I send you at this time pulverized charcoal. Let him drink the water after it has stood a while to extract the virtue. This should be cold when used. When used for fomentations over the bowels, the coal should be put into a bag, sewed up, and dipped in hot water. It will serve several times. Have two bags; use one and then the other. {20MR 280.4}

Then the thought came to me like a communication from the Lord to take pulverized charcoal, put water upon it, and give this water to the sick man to drink, putting bandages of the charcoal over the bowels and stomach. We were about one mile from the city of Denison, but the sick man's son went to a blacksmith's shop, secured the charcoal, and pulverized it, and then used it according to the directions given. The result was that in half an hour there was a change for the better. We had to go on our journey and leave the family behind, but what was our surprise the following day to see their wagon overtake us. The sick man was lying in a bed in the wagon. The blessing of God had worked with the simple means used. {PC 26.4}

Therapy, to end with going to bed.

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; and there will be less inclination to indulge in impure practices. Teach the little ones that God is not pleased to see them with unclean bodies and untidy, torn garments. Tell them that he wants them to be pure without and within, that he may dwell with them. {CTBH 141.4}

Charcoal Poultices

"On one occasion a physician came to me in great distress. He had been called to attend a young woman who was dangerously ill. She had contracted fever while on the campground and was taken to our school-building, near Melbourne, Australia. But she became so much worse that it was feared she could not live. The physician, Dr. Merritt Kellogg, came to me and said, 'Sister White, have you any light for me on this case? If relief cannot be given our sister, she can live but a few hours.' I replied, 'Send to a blacksmith's shop and get some pulverized charcoal; make a poultice of it, and lay it over her stomach and sides.' The doctor hastened away to follow out my instructions. Soon he returned, saying, 'Relief came in less than half an hour after the application of the poultices. She is now having the first natural sleep she has had for days.' {PH144 25.3}

9:30 Bedtime

It is a very bad habit to let the work drag and drive one. Drive the work, and then you will not become discouraged. It is a bad plan to give way to impulse. If you see a book you would like to read and sit down in the midst of your work and read during the precious hours of the day when there is work that needs to be done, then the work

is neglected. 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}

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Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock. . . . {7MR 224.3}

Physicians should practice what they teach. They should teach that by studying after nine o'clock, there is nothing gained but much lost. Teach and practice that the time can be systematically employed, one duty after another attended to promptly, not allowed to lag, so that midnight hours will not have to be employed in laborious studies.--Letter 85, 1888, p. 9. (To Brethren Caldwell and Gibbs, May 10, 1888.) {8MR 330.4}

In regulating the hours for sleep, there should be no haphazard work. Students should not form the habit of burning the midnight oil and taking the hours of the day for sleep. If they have been accustomed to doing this at home, they should correct the habit, going to bed at a seasonable hour. They will then rise in the morning refreshed for the duties of the day. In our schools the lights should be put out at half past nine. {CT 297.1}

In no case should sick persons be deprived of a full supply of fresh air in pleasant weather. Their rooms may not always be so constructed as to allow the windows or doors to be opened, without the draft coming directly upon them, thus exposing them to the taking of cold. In such cases windows and doors should be opened in an adjoining room, thus letting fresh air enter the room occupied by the sick. Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food. They will do better, and will recover sooner, when deprived of food, than when deprived of fresh air. {CH 55.1}

There are persons who would be more benefited by abstinence from food for a day or two every week than by any amount of medicine or treatment or medical advice. To fast one day a week would be of incalculable benefit to them. It is foolish for one to keep on eating day after day, and yet wonder why he is in distress. Let such an one relieve himself from distress by changing his diet or by eating less. If he wills to do so, he can soon obtain relief. {KC 145.1}