

HARVEST OF HEALTH



Harvest of Health

The human organism is the most wonderful living machine. A great scientist said that it would be easier and more rational to believe that Handel's Messiah resulted from an explosion in the print shop than to believe that man evolved by chance. All the laws that govern the life of the human organism are indeed the laws of God.

Good health is not the result of chance or accident. The way to health is not a deep mystery that can be known only to a certain profession. It is not found in bottles, nor in eating some rare food. Good health is found *alone* in living in harmony with the unalterable laws of life. So too, disease is not the result of chance. Sickness never comes without a cause. The way is prepared, the disease invited, by disregard of the laws of life. Wrong habits of eating, breathing, resting, thinking, etc., lie at the foundation of sickness, and it is useless to expect a true recovery from disease unless the life is brought into harmony with the laws of life.

Some will find this truth unwelcome. People have come to expect recovery from sickness through drugs. A drug may have its place when relief from pain or some other extremity may necessitate. But drugs never cure. They have no power to heal. Drugs may relieve pain, change the symptoms, or silence nature's warning bell, but the power of nature is the only healer. People are sick because they have violated nature's laws. When nature exacts her price in the form of pain and suffering they hasten to the doctor expecting a miracle drug to rid them of the pain and inconvenience of sickness. They have no desire to change their bad living habits, but expect that a drug will give them health while they continue to violate the laws of health. Often, if the doctor will not accommodate their desire for a quick and convenient relief, they will look for another doctor who will not insist that they change their living habits. But the truth remains that there is no true prescription for health other than obedience to the laws of health. A man who will promise health upon any other foundation than this is not genuine.

No man can transgress the laws of life—either natural or moral—without suffering the consequences. "Whatsoever a man soweth, that shall he also reap" says the Book of Books (Galatians 6:7).

Health and the Physical Laws of Life

Man lives his life in a physical, human body. Everything we do embraces a physical function. Even thinking of praying is performed through the function of a physical body. Therefore it is only right that we first and foremost pay attention to the physical laws of our being. Good physical health will not only affect our physical powers, but our mental and spiritual powers as well.

Blood—The Basis of Life

Thousands of years ago, the earliest Bible writer said, "The life of the flesh is in the blood" (see Leviticus 17:11, 14 and Genesis 9:4). It is a scientific truth that the life is in the living current of the blood. Health depends on good blood and good circulation of the blood throughout brain and body. It is impossible to have good health without good blood for "the life . . . is in the blood." The mind is also affected by the bloodstream more than most people realize.

Our Creator has arranged that the life current of blood be sustained by four things—*air, water, food, and sunshine*. Therefore the first thing we must give attention to is that our blood is supplied with, proper amounts of air, water, food and sunshine.

Air

Above everything else, air is the most vital commodity of life and health, yet millions suffer all sorts of ailments due to an insufficient supply of air. The majority of people do not breathe correctly, and are thereby robbing themselves of the chance to enjoy better health. One of the finest statements written on the importance of air are these words from the pen of a great health reformer and educator:

"In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep . . . (if) an insufficient supply of oxygen is received, the blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease." —E. G. White, *Ministry of Healing*, pp. 272, 237.

Air is the greatest doctor that nature has provided. Therefore attention must be paid to these basic principles to secure and maintain optimum health:

1. As far as possible, place yourself in an environment where you have copious supplies of pure, unpolluted air.
2. In order to breathe well, you must have a correct posture in standing and sitting. The Bible says that God made man upright, and an erect bearing carries not only the grace and dignity of self-possession, but it promotes physical health and mental alertness. Walk like a thoroughbred, not in a proud sort of way, but in recognition that man was made in the "image of God" (Genesis 1:26, 27).
3. In dressing, always allow the lungs the greatest freedom possible.
4. Develop a habit of deep breathing. Shallow breathing is a bad habit



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"And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely" (Revelation 22:17).

"For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring" (Isaiah 44:3).

"Then will I sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you" (Ezekiel 36:25).

which is restricting your life as surely as an engine is restricted that is running on half its spark plugs. Take full, deep inspirations of air. Do not just fill the top of your chest, but bring the abdominal muscles into play to aid in full breathing. Always speak from the diaphragm, using full inspirations of air.

5. Avoid overcrowded rooms or poorly ventilated rooms. Never sleep without copious supplies of fresh air.

6. Get outdoors as much as possible, and enjoy the blessing of the open air.

7. Take plenty of exercise daily, and if your age and physical condition will allow, do some vigorous exercise every day that will cause you to "huff and puff".

8. Do not overheat your homes. 65 - 70 degrees is the best temperature. It is better to dress warmer and have a clear mind and good health.

Water

The next great doctor that God has provided is the blessing of pure water. It should be used plentifully internally and externally every day. Water helps nature free the system of impurities, it cleanses the body tissues, and invigorates the vital organs. Used externally it cleanses the skin so that it may do its work of breathing and throwing off body wastes. Water is one of the best ways to regulate the circulation of the blood in the system. It will help to reduce fever or relieve a congested head and many other ailments. Here are some simple and basic principles to follow in the use of water:

1. Drink at least 6 to 8 glasses of pure water daily. One or two warm glasses of water about a half an hour before breakfast cleanse the stomach and sharpen the appetite for the most important meal of the day.

2. Do not drink water at mealtimes. Digestion is a chemical process, and it is a fundamental scientific fact that excess water slows down a chemical reaction. Also, the habit of drinking frozen water is a bad one for the stomach.

3. Bathe the entire body at least twice a week. The daily bath is the best.

4. Use water freely internally and externally to quench a fever. Fever is a fire—nature's effort to burn up body wastes or poisons. This fire may be regulated by an intelligent use of water. Use it freely to help nature combat disease. Learn how to use compresses, hot and cold water treatments, and baths to aid in the recovery from different ailments.

Food

Correct eating habits are one of the greatest factors in health. Faulty nutrition lies at the foundation of most diseases. Millions dig their

own graves with their teeth. Then what shall we eat? The multitude of books that have poured from the press have often confused rather than helped people. The first thing to do is to forget about any single food as containing the answer to nutrition, or any fancy, rare, or expensive food or diet, and avail yourself of the information your Creator has provided. Use plain common sense. The Bible says that the original diet that God gave to man was grains, fruits, vegetables, and nuts. Whenever or wherever people eat these in generous yet temperate supply, as near as practicable to their natural condition, they have little problem with nutrition, and in fact, very little disease. One who has access to an adequate supply of natural food and eats it sensibly need entertain few worries about lacking proteins, vitamins, or minerals. Let us consider some basic principles of nutrition:

1. Follow man's original diet as closely as possible.
2. Partake very sparingly of highly refined or processed foods, i.e. white flour, sugar, cakes, pastries, etc.
3. Eat as simply as possible, and learn to enjoy food in its natural state.
4. Avoid highly seasoned, pickled and spiced foods which irritate the stomach and inflame the blood (and tend to do the same to the temper as well).
5. Do not overcook food or boil vegetables and throw away their water.
6. Do not eat too many mixtures at once, and avoid dishes that are a conglomeration of good food mixed together. Fruits and coarse vegetables should not be eaten at the same meal. 2 to 4 dishes at a meal are plenty. Just as your mind cannot dwell on many different subjects at once, your stomach cannot tolerate many kinds of food at one meal.
7. Do not eat any more than two or three times a day, and allow at least five hours between each meal. Never eat between meals. This hinders digestion, burdens the stomach, and often turns good food into poison inside the system.
8. Never eat before retiring. When you retire, be sure that your stomach has retired. Remember, food takes 3 to 5 hours to digest.
9. Do not eat the heavy meal in the evening. The habit of a very light breakfast and a very heavy evening meal is contrary to natural law. This may help some to remember: breakfast is golden, lunch is silver, and supper is *lead*. You don't drive your car on an empty gas tank all day, then fill it up in the evening.
10. Do not overeat. The good book says, "Eat . . . for strength, and not for drunkenness" (Ecclesiastes 10:17). Too much food afflicts the stomach, burdens the entire system with excess matter, brings

physical debility, calls life and energy from the brain, checks the free flow of thoughts and hinders the memory, and has a prostrating effect upon the entire system. Leave the table feeling that you could comfortably eat more.

11. Be regular in your eating habits.
12. Eat slowly and chew your food thoroughly. Let the mealtime be a pleasant social occasion. Do not bring your worries to the meal table. Avoid strenuous brain work immediately before and after eating a meal. Avoid strenuous exercise immediately after a meal.
13. An adequate supply of whole grains eaten as bread or cereal should be the basis of a good diet. Most processed grains and packaged breakfast cereals are devitalized and demineralized. Any owner of prize animal stock would know better than to feed such material to his animals. Obtaining your own grinder is an excellent way to ensure unadulterated grain, for then you can buy your grains in their natural state and crush them fresh. Real, wholemeal bread is almost impossible to buy, so there is much benefit in learning how to make your own bread from whole grains.
14. Obtain your fruits and vegetables as fresh as possible. Many of them deteriorate very quickly. The best health food store is your own garden. Get a small piece of land, and learn to raise healthy fruits and vegetables. Besides, the exercise in the open air and sunshine will do you a wonderful amount of good.
15. Never, never eat any animal fat or blood. God has a good reason in warning people not to eat it (see Leviticus 7:23-27; Acts 15:20). Only recently has medical science discovered the reason why animal fat is responsible for many cases of heart trouble.
16. Never eat unclean meats such as pork, crabs, duck, etc. The Bible clearly identifies what animals are clean and unclean for eating (see Leviticus 11).
17. Learn to do without eating dead animals of any description. Man's original diet did not consist of animal flesh. With disease in animals on the increase, meat eating is a definite hazard to health.
18. A little salt is necessary for good blood. Faddists who insist on no salt should consider that the Bible says, "Salt is good" (Mark 9:50).
19. Avoid extremes in diet—either excessively rich, spiced, or seasoned foods on the one hand, or an improverished diet on the other hand.
20. Be sparing in the use of nuts, especially peanuts. Almonds are preferable.
21. Eat a variety of foods (but not at the same meal) and you will be assured of adequate nutrition.
22. Never drink anything with your meals or soon afterwards. This



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"Ho every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price. Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness" (Isaiah 55:1, 2).

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (I Corinthians 10:31).

retards digestion. Soups and liquid food should also be sparingly used. Eat foods that require thorough chewing.

23. Never eat overripe fruit or fruit which is partly bad.

24. Eat with thankfulness to God for supplying your needs, and do not think too much about your stomach. If you think that your food will do you harm, it surely will. Life and health are much more than eating and drinking.

Sunshine

There can be no life without light. The sun which heats the seed in the ground, colors the vegetation, and tints the flowers is health and life-giving to your body. Get all the sunshine possible-whether you are young or old. It will give a glow to your cheeks and aid in your digestion. Expose the rooms of the house to sunlight. Draw back the drapes to admit God's doctor. It may fade your furniture and carpets, but it will add vigor to your life. Remove the morning bed clothes (blankets), one by one, and expose them to the light of the sun. Be careful to gradually build up your outdoor exposure to sunlight.

Circulation

We have now considered how blood receives its life from air, water, food, and sunshine. Good blood not only depends on a proper and adequate supply of these, but it depends on a good circulation throughout the body. Poor circulation will bring on coughs, congestion of the head or chest, nervous condition, heart palpitations, indigestion, congestion of the internal organs, nose bleed, stomach trouble, enfeebled mind, and other diseases. In order to obtain and maintain a good circulation, observe the following principles of living:

1. Correct posture and deep breathing are the first essentials to good circulation.
2. Avoid chilled body extremities which put a double strain on the heart. Clothe the limbs well.
3. Take a daily bath or shower, and if you have the will power, end with a good cold shower followed by a rub.
4. Obtain adequate exercise and sufficient rest.
5. Do not overeat.
6. Do not wear anything that compresses the body and restricts the circulation of the blood.
7. A mind that is active, alert, purposeful, cheerful and happy tends to send the blood bounding through the arteries and veins.

8. Know how to apply water to the body to improve circulation, i.e., for a congested head, put the feet in a hot bath and add some dry mustard.

Elimination

The body must not only take in substances to maintain life, but it must throw off wastes and poisons. Therefore it is most important that all the channels of elimination are in proper working order. If any of these become clogged, life and health are endangered. In order to assist the channels of elimination to do their work, observe the following principles of healthful living:

1. Drink adequate water which cleanses the body internally and helps you to become regular.
2. Cleanse the skin surface daily, and occasionally do something that will cause you to perspire freely. You have a million little pores that breathe. Keep them cleansed.
3. Eat foods in their natural state, and avoid highly refined foods. Today, with our wonderful skills, we remove the bran and other things from the wheat before we eat it. So the cows are regular and the people are constipated.
4. Obtain adequate amounts of exercise.
5. Chew your food thoroughly.
6. Be careful of unnatural, habit forming laxatives. God has provided herbs "for the service of man" (Psalm 104:14). Some of these are effective and safe purgatives when this sort of treatment is necessary.
7. In some cases, the bowels may be safely washed out by means of an enema. Remember, you cannot be well unless you have good elimination. A large proportion of people are like old, clogged drain and sewer pipes. Their blood moves as sluggishly as their bowels. Such people will never really live until their bowels start functioning like a well oiled machine.
8. Fresh fruits are good, natural laxatives.

Exercise

Every part of the living machine is made for action and service. It is the law of life that activity tends to life, and inactivity tends to death. More people die for want of exercise than from overfatigue. Many more rust out than wear out. God ordained that man should work and sweat (Genesis 3:19). Exercise equalizes the blood circulation, quickens the blood, helps the body expel impurities, invigorates the

body, strengthens the bowels, aids digestion, relieves nervousness, prevents disease, strengthens the kidneys and liver, keeps the lungs in good condition and tones up the muscles. Exercise is one of nature's greatest doctors. Practical work is more beneficial than a gymnasium. Young men need some stern and severe exercise. Exercise is very necessary for students and for those doing much brain work. Lack of exercise depresses the blood circulation, causes dyspepsia, brings on weakness of limbs, feebleness of mind, deranges the nervous system, and can cause mental breakdown or heart failure.

Endeavor to practice these principles of healthful living:

1. Exercise daily in the open air.
2. Try to equalize muscle work and brain work as much as possible.
3. If your age and health will allow, exercise vigorously enough to induce perspiration and some good "huffing and puffing".
4. Walking is one of the best forms of exercise, as it brings into play almost every muscle of the body.
5. The disposition to avoid exercise is a sure sign that death is stealing over you. Shake it off.
6. When you exercise, put your mind and will into it until it becomes a pleasure.

Rest

With hard work and exercise, there must be adequate rest. Even Jesus advised His disciples who were busily engaged in the greatest work committed to mortals, "Come ye . . . apart . . . and rest awhile" (Mark 6:31). He also said that "the Sabbath was made for man" (Mark 2:27). God has seen that man needs to rest from his work one day in seven. Those who obey His word and keep His Sabbath know the benefits to both body and mind.

During the sleeping hours, the body is repaired and invigorated for another day. Youth need abundant sleep. Observe these basic principles for good health:

1. Be regular in your hours of rest.
2. Sleep with an abundant supply of fresh air in your room, otherwise you may wake feeling tired and exhausted.
3. Remember that the wise man said, "The sleep of a labouring man is sweet" (Ecclesiastes 5:12). Only those who work hard according to their strength can sleep well.
4. Go to bed early and arise early. Staying up late and then sleeping away the morning hours is not healthful.

5. If you cannot sleep, take a warm bath. It is relaxing and brings sleep.

6. Deep breathing induces sound, refreshing sleep.

7. Never retire soon after eating. Wait until the stomach has retired before you do.

8. A clear conscience and trust in God has much to do with good sleep. Read in Acts 12 how Peter slept soundly the night before his intended execution. The Bible says that God "giveth His beloved sleep" (Psalm 127:2). Prayer will help you to sleep well.

9. Before closing your eyes to sleep, read from the Word of God and by so doing, take your mind off the cares of the day. Watching exciting amusements on television or racing through exciting novels injures the mind, tends to derange the nervous system, and is a hindrance to sound, refreshing sleep.

10. Do not be a late riser. When nature awakes, you be awake. The daylight is not for sleep (except for a siesta during the day). The sluggards who cannot rise early from their bed are more often in poorer health than those who tend to be a little short on sleep.

Hygiene and Sanitation

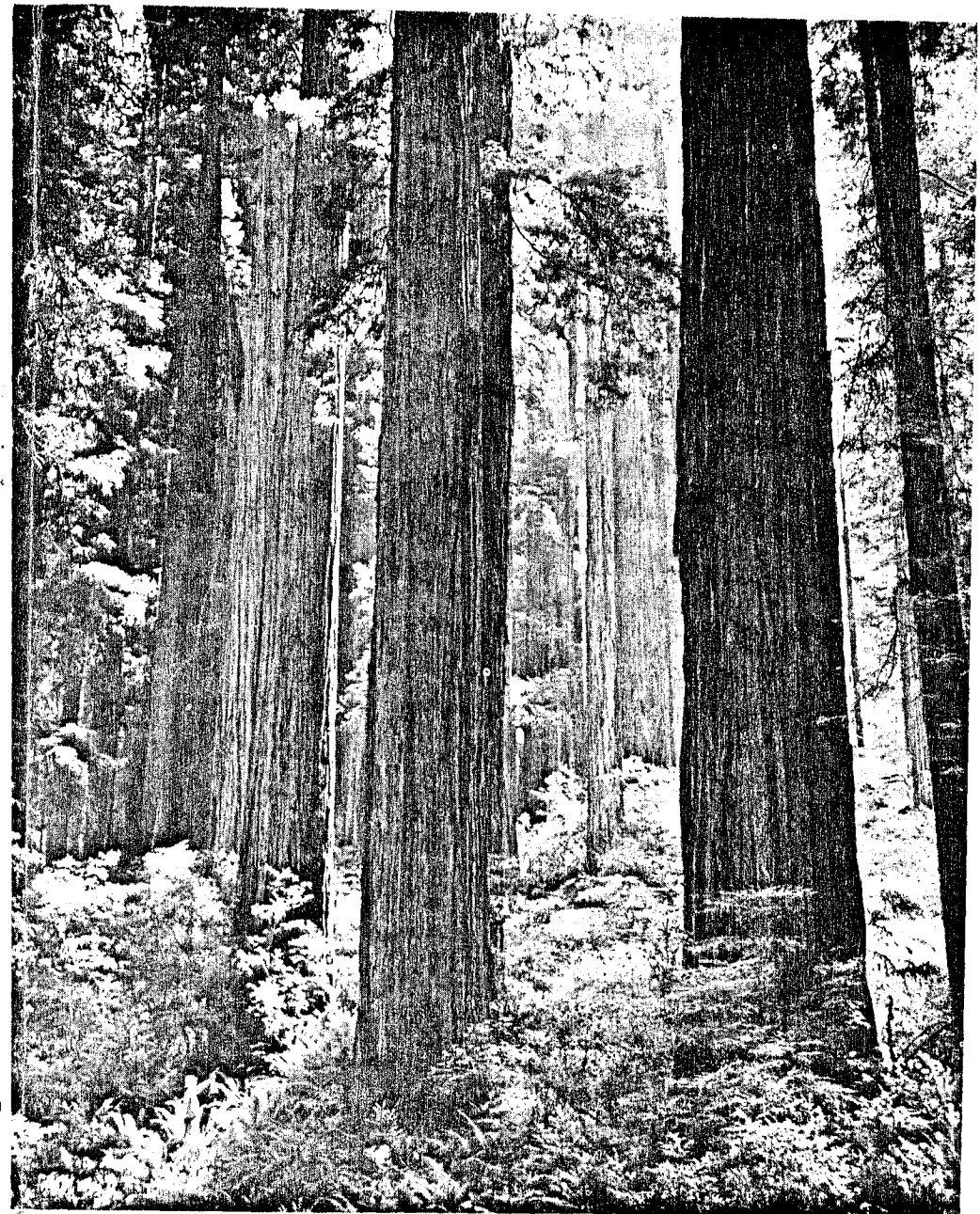
Sanitation is still one of the biggest public health problems facing the world. Moses has been described as the greatest hygienist of all time. God chose him to be the leader of a nation emancipated from slavery, and through him, the Lord gave to the people principles of strict cleanliness and hygiene. People with contaminating diseases, or who came in contact with contaminating things were to be separated from the encampment. Not only were the persons of the Israelites to be clean, but within and without their tents there was to be order and cleanliness. No waste water was allowed to remain about the encampment. When the people were careful to observe the instructions given to Moses, they were a disease free people. Whoever will observe the same principles will reap the same results.

Some principles to remember:

1. First there must be a clean mind in a clean body. Introduce nothing into the body or mind that would defile it. The Bible says that the body is "the temple of God", and that if a man defiles that temple, "him shall God destroy" (1 Corinthians 3:16, 17; 6:19). Especially should the tobacco habit be regarded as an expensive, dirty and poisonous habit. Liquor is another poisonous habit.

2. The residence should, as far as possible, be situated on elevated or well drained land, away from damp or shaded places.

3. The rooms of the house should be accessible to sunlight and have a free flow of air in them day and night.



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"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall" (Malachi 4:2).

"Blessed is the man that trusteth in the Lord, and whose hope the Lord is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh, but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit" (Jeremiah 17:7-8).

4. Take a daily bath or shower, and change and wash clothes frequently, otherwise the poisons that are thrown off through the skin will be reabsorbed back into the body.

5. See that you live in clean, sweet premises that are kept tidy and orderly.

6. Never allow decaying fruit or vegetables, or rotting material of any kind to lie around the house.

Temperance

No survey of the laws of our physical life would be complete without a consideration of the importance of temperance. Paul the evangelist admonishes us to be "temperate in all things" (1 Corinthians 9:25). This means that we should shun that which is harmful, avoid extremes in anything, and be moderate in the enjoyment of those things which are lawful. Health is impossible without temperance. Our natural appetites must be kept under the control of enlightened reason. Sexual intemperance tends to paralyze the nerves and brain, causes loss of memory, weakens physical and mental strength, and breaks down the life forces. Indulgence of appetite is the greatest single cause of physical and mental debility. All men have a tendency to intemperance, and in order to be truly temperate in all things, we need a power outside of ourselves to bring all the powers of mind and body under the control of the laws of life. That power is Christ.

The Relation Between the Mind and Good Health

The mind has a vital bearing on physical health. It functions through the delicate brain nerves which connect with every part of the body. Mental impressions, emotional feelings, and every innermost thought convey their effects to every part of the body. It has been reliably estimated that nine-tenths of all sickness has its foundation in the mind. Those who treat disease as merely a physical problem, are wide of the mark. In order to enjoy good health we must pay attention to the laws that govern the proper function of the mind.

The electrical power of the brain is necessary to vitalize the whole system and to resist disease. This vital electrical force can be developed or squandered.

Vital electrical force is developed by mental activity. An active mind is a wonderful stimulus to life and health. Vigor of mind tends to vigor of blood circulation. A mind that is possessed of a purpose in life, lawful ambition, and a will to live, energizes the entire system. Just as the body is made strong by exercise, so is the mind. The mental faculties—perception, judgment, memory, observation, etc.—need developing by being put to the stretch to wrestle with hard problems. The mind is made to invent and grapple with questions of truth. Those who allow

others to do their thinking for them, even though they may appear to be brawn without brain, are not really healthy brawn. This class fall more readily to disease because they have little vital force from the brain to resist it. This vital force can also be squandered by wrong physical habits, by excess in eating and drinking, or by intemperance of any kind. In many respects the mind should be treated as the stomach. Firstly, nothing impure should be placed in it. (You may wash your stomach out, but what is put in your mind is there to stay.) If the mind has no hard things to "chew" it will become soft and feeble. Some imagine that the more they cram into their minds the better, but they do not consider that overloading the mind is worse than overloading the stomach. Cramming the mind with a mass of matter which it cannot digest, or the habit of hasty, superficial reading even of that which is good can do permanent injury to the mind and cause it to lose its power to expand. Sometimes less information and more discipline will be of far more benefit to the mental and physical health. Like the stomach, the mind should have variation for its "food", otherwise it may become unbalanced. It also needs rest as well as exercise. Too much study is detrimental to health. The wise man said, "Much study is a weariness of the flesh" (Ecclesiastes 12:12).

Do not become a television or novel reading addict. The mind is degraded and enfeebled, the nerves are deranged and the body is weakened by filling the mind with exciting trash.

The Moral Laws of Life

The mind is not just a wonderful computer that can handle and store information; it is also a *moral* and *spiritual* entity. By this we mean that it has the power to discriminate between that which is morally right and morally wrong, and it is endowed with the capacity to enjoy a spiritual life in fellowship with the Creator. One's relation to the moral and spiritual laws of his being have a vital bearing on physical health.

The Bible says "A sound heart is the life of the flesh: but envy (is) the rottenness of the bones" (Proverbs 14:30). (By *heart* is meant the *mind* where the thought processes are located.) As a man "thinketh in his heart, so is he" (Proverbs 23:7). This means that right thinking will promote life and health, while wrong thinking will invite decay and death.

Thoughts are accompanied by corresponding feelings. If the thoughts are wrong the feelings will be wrong. If the thoughts run in the channel of complaining, distrust, suspicion, murmuring, jealousy, envy, resentment or anger, the feelings will be dark and gloomy. Such feelings have a positive poisonous effect on the glands, the blood, stomach, liver, heart, and indeed the whole body. Paul's prescription is a good one for life and health: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatso-

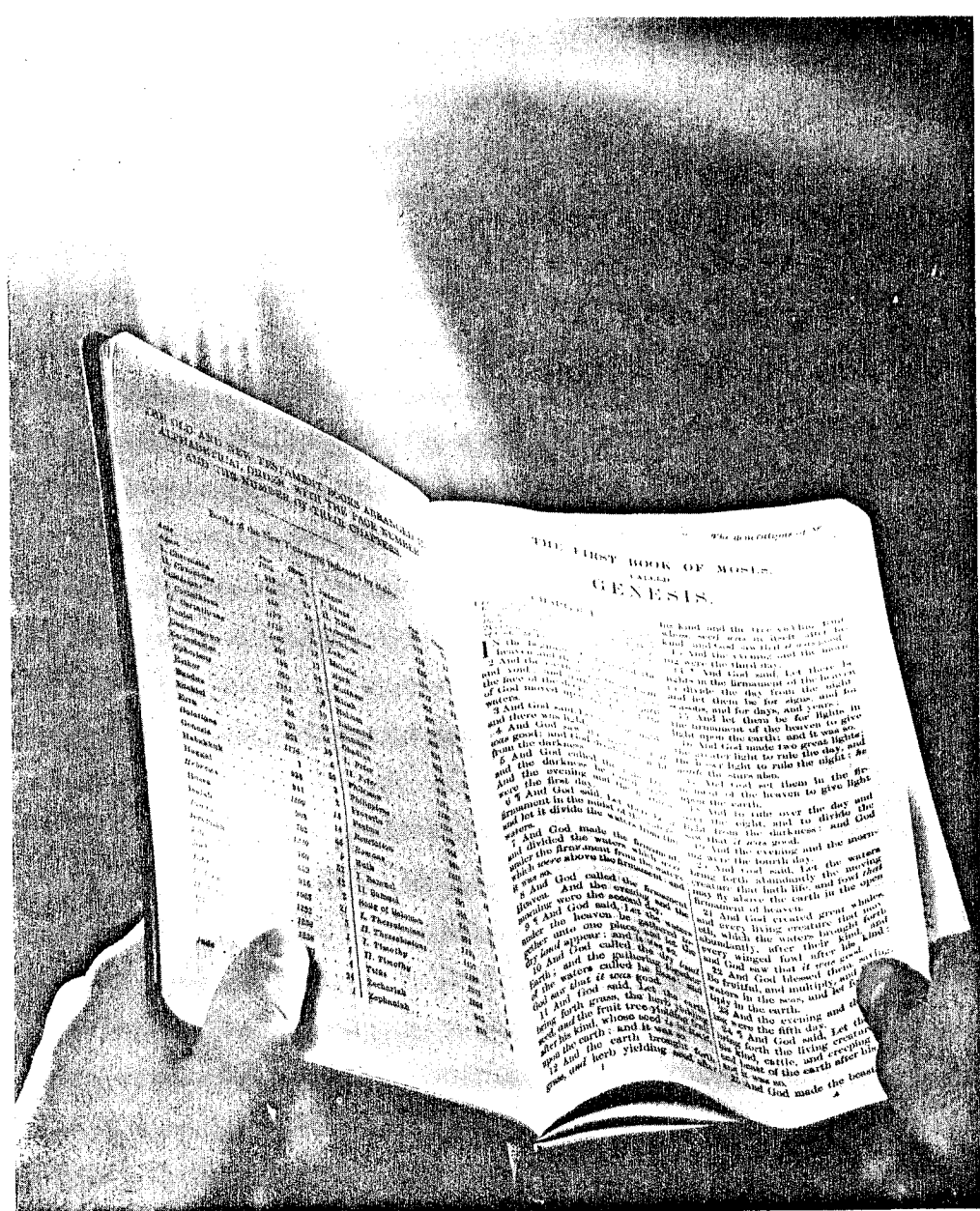
ever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, *think* on these things" (Philippians 4:8).

The Word of God gives us the true standard for right thoughts. That standard is the law of God—the Ten Commandments. There is health in obedience to God's law. His Word says: "Let thine heart keep My commandments: for length of days, and long life, and peace, shall they add to thee . . . It shall be health to thy navel, and marrow to thy bones." Concerning His commandments, He also says, "They are life unto those that find them, and health to all their flesh" (Proverbs 3:1, 2, 8; 4:22). The promise given to the ancient Israelites still holds good today: "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).

God's law of Ten Commandments is the most perfect document governing the conduct of life. The first thing to notice concerning it is that it is an enunciation of the principle of love (see Romans 13:10). "God is love" (1 John 4:8), and His commandments are a transcript of His character, an expression of what He wants us to be. By *love* the Word of God does not mean mere sentiment or emotional feeling, but the divine principle of unselfish concern for others. Christ, Who came to this world and sought nothing for Himself, but Who went about doing good, finally giving Himself on the cross to save the world, even His enemies, is the embodiment of *love*. Paul, His evangelist, gives us an inspired definition of love when he writes: "Love is patient; love is kind and envies no one. Love is never boastful, nor conceited, nor rude; *never selfish*, not quick to take offence. Love keeps no score of wrongs; does not gloat over men's sins, but delights in the truth. There is nothing love cannot face; there is no limit to its faith, its hope, and its endurance. Love will never come to an end" (1 Corinthians 13:4-9, New English Bible).

In the economy of God's universe, love is the law of life. Nothing is to live to itself. Even everything in nature is created to serve. The law of service for others is the law of life. On the other hand selfishness is death. No part of the body could live unless it served its fellow members. So a life lived for the benefit of oneself is a living death, and every indulgence of selfishness tends to break down the life forces and invite disease and death. A mind centered upon self is a sick mind, and its influence is of positive injury to the entire body.

As an illustration of how unselfish love will promote life and health, we cite this passage from the Bible: "Deal thy bread to the hungry, and . . . bring the poor that are cast out to thy house. When thou seest the naked . . . cover him; and . . . hide not thyself from thine own flesh. Then shall thy light break forth as the morning, and *thine health shall spring forth speedily*" (Isaiah 58:7, 8). Aside from the blessing



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"The entrance of thy words giveth light; it giveth understanding unto the simple" (Psalm 119:130).

"Thy word is a lamp unto my feet, and a light unto my path" (Psalm 119:105).

"Search the scriptures; for in them ye think ye have eternal life; and they are they which testify of me" (John 5:39).

of God, there is a physiological reason why this will promote health. An authority on this subject has said, "The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health."—E. G. White, *Testimonies*, vol. 4, p. 56.

When you pass light through a prism it is dispersed into the colors of the rainbow. Just so, the Ten Commandments are love displayed in the spectrum of God's Word. The first four commandments embody our duty to God—a duty to love Him because He first loved us. Jesus and Moses said, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength" (Mark 12:30; Deuteronomy 6:5). In the first commandment we see that love embraces the principle of *loyalty*—loyalty to our Maker and Redeemer. In the second commandment we see the principle of *worship*—a duty we owe to God as our Creator. In the third we see that love embraces the principle of *reverence*. The fourth commandment inculcates the principle of *holiness*, and as a sign of one's allegiance to the God of heaven, it enjoins the blessing of the Sabbath rest (Ezekiel 20:12). We rob ourselves of great physical and spiritual benefit when we neglect to rest from work one day in seven.

The last six commandments are concerned with love to our fellow men—"Thou shalt love thy neighbour as thyself" (Leviticus 19:18). In them we see the principles of *respect* for *authority*, *sacredness* of *life*, *purity*, *honesty*, *truthfulness*, and *contentment*.

We should not look upon the commandments of God from the prohibitory side; but from the mercy side. They are to guard our health and happiness. The law of ten precepts is an expression of the greatest love that has been shown to man. There is life and health in the way of God's commandments. A mind that rejoices in the worship and fellowship of God, that is respectful, pure, honest, truthful and contented, is indeed "the life of the flesh."

Sin and Sickness

Transgression of God's law is what God's Word calls *sin* (1 John 3:4). It is not hardship or poverty which degrades humanity, but guilt which comes through wrongdoing. The greatest single cause of sadness and sickness in the world today is guilt. Guilt breaks down the life forces and invites decay and disease of the entire human organism. Jesus illustrated the relation between sin and disease when He said to a man whom He had healed of a grievous disease, "Sin no more, lest a worse thing come unto thee" (John 5:14). We need to understand that unbelief, distrust of God's love and goodness toward us, is sin (Romans 14:23). When souls are shut up in the gloom of unbelief, their thoughts and affections turn inward to themselves, and grief, discontent, remorse, worry, guilt, distrust all work to break down the life forces and invite decay and death.

The Divine Remedy

It would indeed be tragic if we only saw our need to live in harmony with all the laws of life, without realizing that without divine power it is impossible to do it. Especially is this true in regard to the Ten Commandments which are a moral and spiritual law. There is no man able, of his own strength, to keep the commandments of God. Apart from God, man has no spiritual life, and the Word of God teaches us that in his natural state, man's nature is out of harmony with the law of God (see Romans 8:7). True, there exists in every heart a desire for a better life of purity, goodness, and truth, (which is placed there by God), but against this there is in every man's nature an evil force, a bent to wrongdoing. This is the result of man's original sin of rebellion against the will of God. Unless a man receives a power outside of himself, he will find that the strong current of evil in his nature is too much for his good resolutions (see Romans 7:14-24). The basic and obvious truth is that "all have sinned, and come short of the glory of God" (Romans 3:23).

What we need is not just resolutions to live better lives, but we need cleansing from the guilt of our past sins and power to live in harmony with the laws of our being. Such a need is provided in Jesus Christ, God's gift to all men (John 3:16). Through His sinless life, death on the cross, and resurrected life, He provides pardon and power to all who believe on Him. For pardon for the sins of the past, God's Word has promised: "He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy" (Proverbs 28:13).

"Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon" (Isaiah 55:7).

"Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool" (Isaiah 1:18).

"Christ died for our sins according to the Scriptures" (1 Corinthians 15:3).

"The blood of Jesus Christ His Son cleanseth us from all sin" (1 John 1:7).

"The righteousness of God . . . is by faith of Jesus Christ unto all and upon all them that believe . . . being justified freely by His grace through the redemption that is in Christ Jesus" (Romans 3:22, 24).

We are not made righteous in God's sight by good works, by promises to keep His law, or even by attempts to keep His law. Faith that embraces Jesus Christ as a personal Saviour brings forgiveness of all sin and power for obedience unto life. "As many as received Him, to them gave He power to become the sons of God, even to them that believe on His name" (John 1:12).



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"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool" (Isaiah 1:18).

"Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow" (Psalm 51:7).

The power that God imparts to those who believe on His Son is even the very life of Christ. Christ came to give us life—a new life. The old life is corrupt and sinful. God does not intend to reform that old life, but He puts it to death with Christ (Romans 6:6), and gives us a new spiritual life from above. The old nature, born of flesh and blood, cannot keep God's commandments or enjoy fellowship with God. Before we can do good, we must be made good. He gives to all who believe the gospel of Jesus Christ a new nature, as it is written, "Whereby are given unto us exceeding great and precious promises: That by these ye might be partakers of the *divine nature*" (2 Peter 1:4). Through His Word and by His Spirit, Christ lives in the hearts of His followers, and by the power of His life, they "keep the commandments of God, and the faith of Jesus" (Revelation 14:12).

There is a vital relation between divine forgiveness and recovery of health. When Christ was on earth, He healed the sick and forgave their sins. The assurance of pardon and the promise of a new start in life is all that many people need to recover their health. They need the good words of the great Physician, "Son, be of good cheer; thy sins be forgiven thee" (Matthew 9:2). They need to know that God "forgiveth all thine iniquities; (and) . . . healeth all thy diseases" (Psalm 103:3). Guilt and remorse are poisoning the springs of their life, and a disease is upon them that no earthly physician can heal. Such need to come to Christ. Then "the inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity" (Isaiah 33:24).

The apostle Paul instructs us that faith in Christ makes us righteous in God's sight, and brings us peace, hope, love, and joy (see Romans 5:1-11). With these great positive attributes go courage, sympathy, praise, thankfulness, and contentment. These attributes prolong life and promote health. In order to have optimum health, our hearts must be filled with faith and hope and joy in the Lord. "A merry (rejoicing) heart doeth good like a medicine" (Proverbs 17:22). God would have us know that in every trial we may have His strength to endure; in every sorrow a sympathizing Friend; in every burden and care One who will lift the heavy burden; and in every perplexity wisdom from above. God is ready and willing to hear the sincere prayers of all who come unto Him in the name of Christ.

We close this brief message with these wonderful words from a servant of God and a great writer and educator in the true philosophy of healthful living:

"Men need to learn that the blessings of obedience, in their fullness, can be theirs only as they receive the peace of Christ. It is His grace that gives man power to obey the laws of God. It is this that enables him to break the bondage of evil habit. This is the only power that can make him and keep him steadfast in the right path.

"When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin. The Sun of Righteousness arises, with healing

in His wings (Malachi 4:2). Not all that this world bestows can heal a broken heart, or impart peace of mind, or remove care, or banish disease. Fame, genius, talent—all are powerless to gladden the sorrowful heart or to restore the wasted life. The life of God in the soul is man's only hope.

"The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy,—joy in the Holy Spirit,—health-giving, life-giving joy.

"Our Saviour's words, Come unto Me, . . . and I will give you rest' (Matthew 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, He regards them with pity. In Him they may find help. He will do great things for those who trust in Him." —E. G. White, *Ministry of Healing*, p. 115.

Let us commend to you the words of the Bible as containing the true philosophy of healthful living. These are the leaves from the tree of life, which are "for the healing of the nations" (Revelation 22:2).

Robert D. Brinsmead



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"I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth" (Psalm 121:1, 2).

"Great is the Lord, and greatly to be praised in the city of our God, in the mountain of his holiness. Beautiful for situation, the joy of the whole earth, is mount Zion, on the sides of the north, the city of the great King" (Psalm 48:1, 2).