

Water



In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health....

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.

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it...

All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness. {MH 237.2}

Spanish Coat

Soak a coarse linen cloth or a linen robe in cold water. The water temperature is taken into account depending on the condition and well-being of the person. If the patient is suffering from anemia, old or sick, then it is necessary to use warmer water. The robe should be floor-length, even drag on it, that is, longer. We put on a robe, then wrap the patient with a dry cloth or a natural dry blanket, and then wrap him in a wool blanket. We wrap it well so that there is no air access.

You can wrap other warm blankets on top. Do everything quickly. Duration 1 - 2 hours. Thin person - for 1-1.5 hours, and full person - for 2 hours. **This is one of the most effective methods of using water for various types of diseases:** typhus, fever, obesity of the heart, hemorrhoids, gout, articular rheumatism, smallpox. When the cloak is immersed in a decoction of oat straw or pine branches, it perfectly cures stone disease, urinary sand.





Walking in Water

First, the legs are immersed up to the ankles in cold water. Then it should be immersed up to the calves, and even better if the water reaches the knees. First, you should do this for 1 minute, and then for 5-6 minutes. After that, you should make movements until the body warms up. In winter, snow can be added to the water. Weak people can start first with not very cold water, and then increasingly cold water should be used.

Water is a blessing for everyone! Both children and adults rejoice in it!



Psalm 116:12

**What shall I render unto
the LORD for all his
benefits toward me?**