



Health Reform 3

**Psalm 4:8 (KJV) — 8 I will both lay me down in
peace, and sleep: for thou, LORD, only makest me
dwell in safety.**

**Psalm 91:11 (KJV) — 11 For he shall give his
angels charge over thee, to keep thee in all thy
ways.**

**Psalm 34:7 (KJV) — 7 The angel of the Lord
encampeth Round about them that fear him, and
delivereth them.**

1 John 3:1 (KJV) — 1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

Deuteronomy 22:8 (KJV) — 8 When thou buildest a new house, then thou shalt make a battlement for thy roof, that thou bring not blood upon thine house, if any man fall from thence.

**Acts 10:9 (KJV) — 9 On the morrow, as they went
on their journey, and drew nigh unto the city,
Peter went up upon the housetop to pray about
the sixth hour:**





Exodus 21:28 (KJV) — 28 If an ox gore a man or a woman, that they die: then the ox shall be surely stoned, and his flesh shall not be eaten; but the owner of the ox shall be quit.

Exodus 21:29 (KJV) —29 But if the ox were wont to push with his horn in time past, and it hath been testified to his owner, and he hath not kept him in, but that he hath killed a man or a woman; the ox shall be stoned, and his owner also shall be put to death.

Exodus 22:6 (KJV) — 6 If fire break out, and catch in thorns, so that the stacks of corn, or the standing corn, or the field, be consumed therewith; he that kindled the fire shall surely make restitution.

**Mark 2:27 (KJV) — 27 And he said unto them,
The sabbath was made for man, and not man
for the sabbath:**

Antonie van Leeuwenhoek



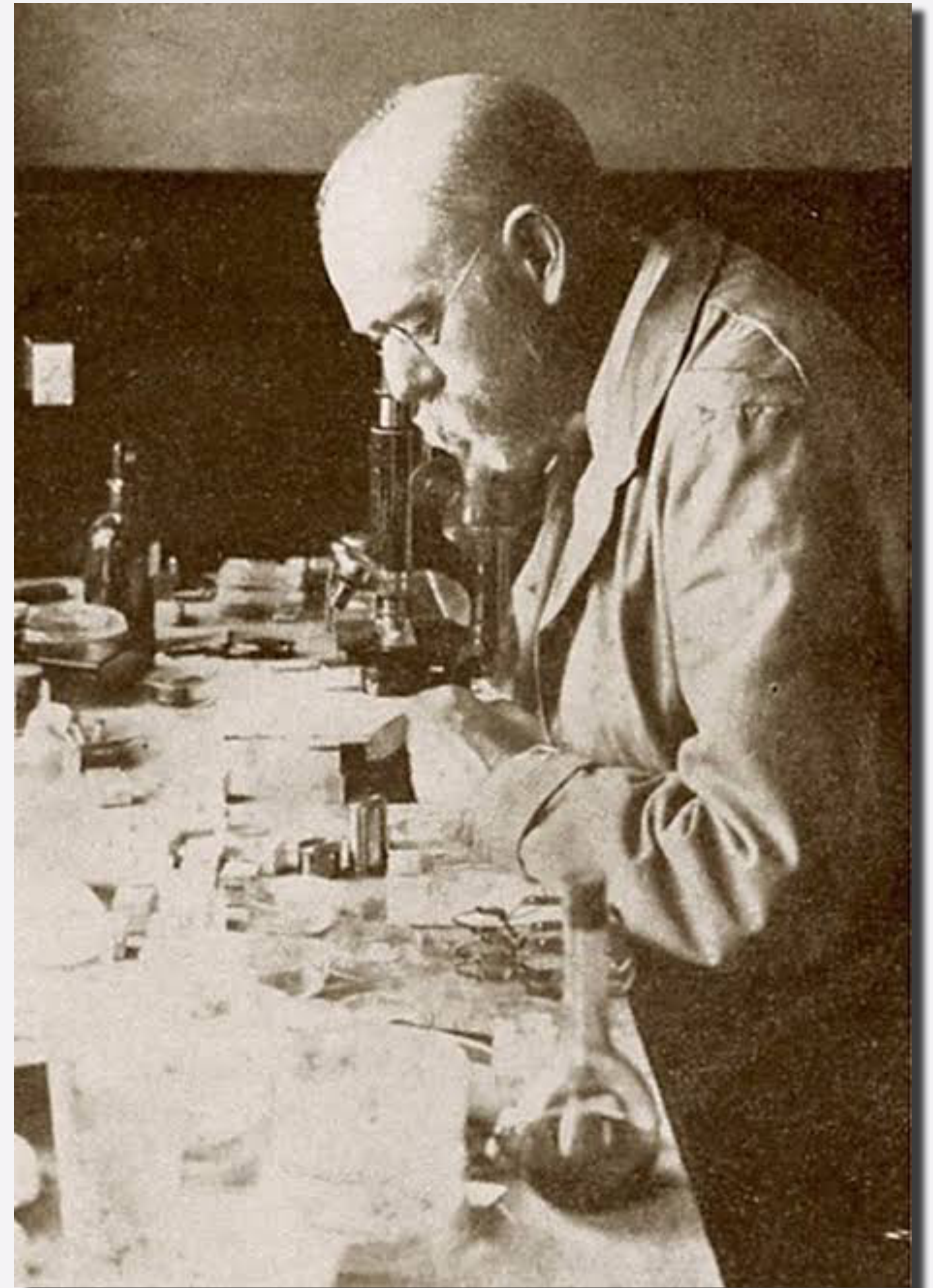
Christian Gottfried Ehrenberg



Louis Pasteur



Robert Koch



Deuteronomy 23:14 (KJV) — 14 For the LORD thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy: that he see no unclean thing in thee, and turn away from thee.

Psalm 51:2 (KJV) — 2 Wash me thoroughly from mine iniquity, and cleanse me from my sin.

Isaiah 1:16 (KJV) — 16 Wash you, make you clean;
put away the evil of your doings from before mine
eyes; cease to do evil;

Proverbs 20:1 (KJV) — 1 Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.

Proverbs 23:20–21 (KJV) — 20 Be not among winebibbers; among riotous eaters of flesh: 21 For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.

The **only safe course** is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks. The necessity for the men of this generation to call to their aid the power of the will, strengthened by the grace of God, in order to withstand the temptations of Satan, and resist the least indulgence of perverted appetite, is twice as great as it was several generations ago. CD 428

In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties.—CD 176.1

The practice of eating but two meals a day is generally found a benefit to health; yet under some circumstances, persons may require a third meal. This should, however, if taken at all, be very light, and of food most easily digested. Crackers—the English biscuit—or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal.— CD 176.2

With regard to the diet question, this matter must be handled with such wisdom that no overbearing will appear. It should be shown that to eat two meals is far better for the health than to eat three. But there must be no authoritative forcing seen. . . . Persuasion is more appropriate than force.... CD 177.2

Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet. CD 380.4

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

**John 14:15 (KJV) — 15 If ye love me, keep my
commandments.**

Deuteronomy 6:3 (KJV) — 3 Hear therefore, O Israel,
and observe to do it; **that it may be well with thee,**
and that ye may increase mightily, as the LORD God
of thy fathers hath promised thee, in the land that
floweth with milk and honey.

**Psalm 84:11 (KJV) — 11 For the LORD God is a sun
and shield: the LORD will give grace and glory: no
good thing will he withhold from them that walk
uprightly.**

Revelation 21:4 (KJV) — 4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

Psalm 86:11 (KJV) — 11 Teach me thy way, O LORD; I will walk in thy truth: unite my heart to fear thy name.

End Part 3

