

## 1-1

The feeble one should press out into the sunshine as earnestly and naturally as do the shaded plants and vines. The pale and sickly grain blade that has struggled up out of the cold of early spring, puts out the natural and healthy deep green after enjoying for a few days the health and life-giving rays of the sun. Go out into the light and warmth of the glorious sun, you pale and sickly ones, and share with vegetation its life-giving, health-dealing power.

*Healthful Living*, page 230

## 1-2

All, both young and old, should be in the open air as much as possible. Those who are in health should share the benefit of employment in the open air, in order to keep well. But above all, should invalids, who have been unable to breast the chill winds of winter, make the most of these spring days of beautiful sunshine, and be out of doors all that they can, and rejoice with the happy songsters in the prospect of approaching summer. Those who cannot walk without great fatigue should ride out. Those who can engage in light employment should do so; for the muscles will be strengthened by exercise. Work out of doors, you invalids that can. But at all events do not remain shut up in your houses. Walk out. Ride out. And if you can do no more, sit out in the open air, where heaven's breezes can come to you in their freshness, and where you can view the sunshine and shadow upon the face of nature.

*The Health Reformer*, 3-1-71

## 1-3

Those who are old enough should every day that the weather will admit, have a portion of their work in the open air and sunshine. Children and women should not fail to spend some hours each day in exercise out of doors. This has proved a great blessing to me. When in very feeble health, I have occupied some time in my flower garden, and among the small fruits, doing light work, which has never failed to prove a success in recovering my health, and overcoming depression of spirits.

*The Health Reformer*, April 1, 1871

## 1-4

One of the most beautiful adornments our rooms can have, is the cheering sunlight, gilding and glorifying everything it rests upon. Our children can but have discontented, unhappy, and homesick feelings, shut in by walls, with windows darkened, excluding the glad sunshine. ... Their rooms have a dismal, lonesome appearance that children feel, though they cannot explain why they feel discontented, languid, and irritable. If the windows should be freed from blinds and curtains, and the air and sun be permitted to freely enter their darkened rooms, there would be seen a change for the better in the mental and physical health of their children. The pure air would have an invigorating influence upon them. And the sun that carries healing in its beams, would soothe and cheer, and make them happy, joyous, and healthful. --*The Health Reformer*, April 1, 1871

*The Health Reformer*, April 1, 1871

### 1-5

Every room in our dwellings should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease.

*The Health Reformer,*  
February 1, 1874

### 1-6

Nature is God's physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving--the elixir of life. Outdoor life is the only medicine that many invalids need. Its influence is powerful to heal sickness caused by fashionable life, a life that weakens and destroys the physical, mental, and spiritual powers.

*Counsels on Health,* page 170

### 1-7

Nothing so tends to restore health and happiness as living amid attractive country surroundings.... May God help us to do our utmost to utilize the life-giving power of sunshine and fresh air.

*Reflecting Christ,* page 145

### 1-8

I would that all the YOUNG could understand how precious is the offering of a YOUTHFUL heart to God. How lovingly the angels guard the steps of God-fearing, God-loving YOUTH. Jesus knows them by name, and their example is helping other YOUTH to do right. The YOUTH who has hidden within the heart and mind a store of God's words of caution and encouragement, of His precious pearls of promise, from which he can draw at any time, will be a living channel of light. He has connection with the Source of all light. The SUN of RIGHTEOUSNESS sends its light and HEALING beams into his soul, irradiating rays of light to all around him.

*My Life Today,* page 160

## 1-9

**Christ is the light of the world.** "Unto you that fear my name shall the SUN of RIGHTEOUSNESS arise with HEALING in his wings" (Mal. 4:2). Let the light of His peace shine into your soul. He has a tender care for you, and you should praise Him with heart and soul and voice. You can please Him by manifesting a cheerful spirit. Let not one cloud of despondency or dissatisfaction hide from you the sunshine of His presence.

*This Day With God, page 305*

## 1-10

The chief if not the only reason why many become invalids is that the blood does not circulate freely, and the changes in the vital fluid, which are necessary to life and health, do not take place. They have not given their bodies exercise nor their lungs food, which is pure, fresh air; therefore it is impossible for the blood to be vitalized, and it pursues its course sluggishly through the system. The more we exercise, the better will be the circulation of the blood.

*Testimonies, Volume 2, page 525*

## 1-11

More people die for want of exercise than through overfatigue; very many more rust out than wear out. Those who accustom themselves to proper exercise in the open air will generally have a good and vigorous circulation. We are more dependent upon the air we breathe than upon the food we eat.

*Testimonies, Volume 2, page 526*

## 1-12

It is essential to health that the chest should have room to fully expand, so that the lungs may be enabled to take full inspirations of air. ... The strength of the system is, in a great degree, dependent upon the amount of pure fresh air breathed.

*The Health Reformer, February 1, 1877*

## 1-13

If the lungs are restricted, the quantity of oxygen received into them is also limited, the blood becomes vitiated, and disease follows. Confinement in-doors and consequent deprivation of the invigorating sunlight and the exhilaration of exercise in the pure open air, complete the ruin begun by wrong habits of dress; feebleness and premature death are the result. *The Health Reformer*, Feb. 1, 1877

## 1-14

Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted and the health of the soul be preserved. Prayer brings the heart into immediate contact with the Wellspring of life, and strengthens the sinew and muscle of the religious experience. Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you lose your hold on God. The spiritual faculties lose their vitality, the religious experience lacks health and vigor.  
*Messages to Young People*, page 249

## 1-15

Distressed by the increasing wickedness of the ungodly, and fearing that their infidelity might lessen his reverence for God, Enoch avoided constant association with them, and spent much time in solitude, giving himself to meditation and prayer. Thus he waited before the Lord, seeking a clearer knowledge of His will, that he might perform it. To him prayer was as the breath of the soul; he lived in the very atmosphere of heaven.  
*Patriarchs and Prophets*, page 85

## 2-1

The lack of vigorous exercise especially in the open air, soon tells on the health. The system becomes weakened and relaxed, and the complexion sallow; and health and beauty disappear together. The sufferers may resort to cosmetics to restore the complexion; but these can not bring back the glow of health. And the physical condition that makes the skin dark and dingy, depresses the spirits, and destroys cheerfulness.

*Pacific Health Journal*, May 1, 1905

## 2-2

**PERFECT HEALTH DEPENDS UPON PERFECT CIRCULATION.** ... The dress should fit easily, obstructing neither the circulation of the blood, nor a free, full, natural respiration. The feet should be suitably protected from cold and damp. Clad in this way, we can take exercise in the open air, even in the dew of morning or evening, or after a fall of snow or rain, without fear of taking cold. Exercise in the invigorating air of heaven is necessary to a healthy circulation of the blood. It is the best safeguard against colds, coughs, and the internal congestions which lay the foundation of so many diseases.

*Christian Temperance and Bible Hygiene*, page 89,90

## 2-3

In order for children and youth to have health, cheerfulness, vivacity, and well-developed muscles and brains, they should be much in the open air and have well-regulated employment and amusement. ... There should be rules regulating their studies to certain hours, and then a portion of their time should be spent in physical labor. And if their habits of eating, dressing, and sleeping are in accordance with physical law, they can obtain an education without sacrificing physical and mental health.

*Counsels on Health*, page 177,178

## 2-4

Manual labor quickens the circulation of the blood. The more active the circulation the more free will be the blood from obstructions and impurities. The blood nourishes the body. The health of the body depends upon the healthful circulation of the blood. If work is performed without the heart being in it, it is simply drudgery, and the benefit which should result from the exercise is not gained.

*Medical Ministry*, pg. 106

## 2-5

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.

*The Ministry Healing, page 238*

## 2-6

Those who accustom themselves to exercising in the open air, generally have a vigorous circulation. Men and women, young or old, who desire health and who would enjoy life, should remember that they cannot have these without a good circulation. Whatever their business or inclinations, they should feel it a religious duty to make wise efforts to overcome the conditions of disease which have kept them in-doors. *Christian Temperance and Bible Hygiene, page 101*

## 2-7

Money that parents now expend to clothe their children fashionably, which only results in sickness, and doctor's bills, and premature death, might be used in purchasing books for physical, mental, and moral improvement. Parents and children should become intelligent upon the subject of health, which bears so close a relation to their happiness in this life and their future immortal life. Your means could not be used to better advantage than in providing a workshop furnished with tools for your boys, and equal facilities for your girls. They can be learned to love labor.

*The Health Reformer Jan. 1, 1873*

## 2-8

Those who accept the promises of God, and act on them with living faith, will have the light of heaven in their lives. They will drink of the fountain of life, and lead others to the waters that have refreshed their own souls. We must have that faith in God that takes him at his word. We can have no victory without cloudless confidence. ... In order to exercise intelligent faith we should study the word of God. The Bible, and the Bible alone, communicates a correct knowledge of the character of God and his will concerning us.

*The Review and Herald  
January 10, 1888*

## 2-9

We must be better acquainted with our Bibles. We might close the door to many temptations, if we would commit to memory passages of Scripture. Let us hedge up the way to Satan's temptations with "It is written."

*Review and Herald,*  
May 13, 1884

## 2-10

To have strength we must have exercise. To have strong faith, we must be placed in circumstances where our faith will be exercised. ... It is through much tribulation that we are to enter the kingdom of God. Our Saviour was tried in every possible way, and yet He triumphed in God continually. It is our privilege to be strong in the strength of God under all circumstances and to glory in the cross of Christ.

*God's Amazing Grace,* pg. 90

## 2-11

God was able to manifest His great power through Moses because of his constant faith in the power and in the loving intentions of their Deliverer. It was this implicit faith in God that made Moses what he was. ACCORDING TO ALL THAT THE LORD COMMANDED HIM, SO DID HE. All the learning of the wise men could not make him a channel through which the Lord could labor, however, until he lost his self-confidence, realized his own helplessness, and put his trust in God; until he was willing to obey God's commands whether they seemed to his human reason to be proper or not.

*Fundamentals of Christian Education,* pg. 344

## 2-12

Trust in God and obedience to His will are as essential to the Christian in the spiritual warfare as to Gideon and Joshua in their battles with the Canaanites. By the repeated manifestations of His power in behalf of Israel, God would lead them to have faith in Him--with confidence to seek His help in every emergency. He is just as willing to work with the efforts of His people now and to accomplish great things through weak instrumentalities. All heaven awaits our demand upon its wisdom and strength. God is "able to do exceeding abundantly above all that we ask or think." Eph. 3:20.

*Patriarchs and Prophets,* page 554

## 2-13

**IN THE WHOLE SATANIC FORCE THERE IS NOT POWER TO OVERCOME ONE SOUL WHO IN SIMPLE TRUST CASTS HIMSELF ON CHRIST.**

*Christ's Object Lessons*, page 157

## 2-14

He who comes to the Lord in simple trust will learn how to uplift the Saviour before men. Practical Christianity is the revealing in word and action of the will of God. . . .

*The Upward Look*, page 184

## 2-15

The righteous have ever obtained help from above. How often have the enemies of God combined to destroy the character and influence of a few simple persons who trusted in God! But because the Lord was for them, none could prevail against them. ... It is the absence of this faith and trust which brings perplexity, distressing fears, and surmisings of evil. God will do great things for his people when they will put their entire trust in him. Christ will prove a never-failing source of strength, a present help in every time of trouble. *The Signs of the Times*, Sept. 2, 1897

### 3-1

Far too little attention is given to the preservation of physical health. Nothing is gained by robbing nature of her hours for rest and recuperation.

*Special Testimonies for Ministers and Workers* No. 9 page 64

### 3-2

Nothing that pertains to the physical perfection should be looked upon as of little importance. In eating, drinking, and dressing, the laws of health should be diligently followed, and in regulating the hours for sleep, there should be no haphazard work. 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.

*Counsels on Education*, page 124

### 3-3

They should give far more attention to the preservation of physical health, for vigor of mind depends largely upon vigor of body. Proper periods of sleep and rest and an abundance of physical exercise are essential to health of body and mind. To rob nature of her hours for rest and recuperation by allowing one man to do the work of four, or of three, or even of two, will result in irreparable loss.

*Testimonies, Volume 7*, page 247

### 3-4

If a third meal be eaten at all, it should be light, and several hours before going to bed. But with many the poor tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion, again to perform the same round of labor through the sleeping hours. The sleep is generally disturbed with unpleasant dreams, and in the morning they awake unrefreshed. There is a sense of languor and loss of appetite. A lack of energy is felt through the entire system. In a short time the digestive organs are worn out, for they have had no time to rest.

*Healthful Living*, page 165

### 3-5

The true happiness of the people of God depends upon righteousness of life and purity of character and true benevolence of heart. When their will harmonizes with the will of God; when they act as they know is right toward God and their fellow men, then they may claim peace and rest in Jesus Christ.  
*Manuscript Releases Vol. 21, pg 164*

### 3-6

Peace, the peace of Christ, not the peace the world gives, that peace which is the happiness which comes as the result of obedience to God, and righteousness or right acting in this life. The heart is in harmony with God, they have the love of God in their heart and the love for their fellow men; perfect love united to a perfect life constitutes true happiness. *Manuscript Releases Vol. 21, page 164*

### 3-7

"Learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls" (Matt. 11:29). This rest is not found in inattention and idleness, but in yielding the will to the will of Jesus; for, says Christ, "My yoke is easy, and My burden is light" (Matt. 11:30). Therefore your will must become God's will. Your peace, your rest, comes in wearing Christ's yoke; you have the peace of Christ, and your conscience is not continually scourging you because you have not committed yourself to do the will of God.  
*Manuscript Releases Vol. 4, page 164*

### 3-8

"And peace, from God our Father, and from the Lord Jesus Christ." Every man's experience testifies to the truth of the words of Scripture: "The wicked are like the troubled sea, when it can not rest. ... There is no peace, saith my God, to the wicked." Sin has destroyed our peace. While self is unsubdued, we can find no rest.  
*The Review and Herald, Oct 15, 1908*

### 3-9

Whoever consents to renounce sin and open his heart to the love of Christ, becomes a partaker of this heavenly peace. There is no other ground of peace than this. The grace of Christ, received into the heart, subdues enmity; it allays strife and fills the soul with love. He who is at peace with God and his fellow men cannot be made miserable. Envy will not be in his heart; evil surmisings will find no room there; hatred cannot exist. The heart that is in harmony with God is a partaker of the peace of heaven and will diffuse its blessed influence on all around. The spirit of peace will rest like dew upon hearts weary and troubled with worldly strife.

*In Heavenly Places, page 35*

### 3-10

Jesus was meek and lowly of heart, and we must earnestly strive to be like him. If we are indeed learning of him who is meek and lowly of heart, we shall be afflicted. Trials will come upon us, but day by day we must come to Christ and find rest, for He will lift the soul above the daily sorrow and perplexity into a realm of peace. We must remember that Jesus endured insult and mockery and false accusation. He has told us that we must learn to endure suffering, as He has endured it in our behalf. When we have his Spirit, we shall bring our trials to him and find rest unto our souls. Those who are seeking peace and rest will find it alone in Jesus. We are to come to him trusting implicitly that He will give us all that he has promised.

*The Signs of the Times, 1-26-91*

### 3-11

There is a condition to the rest and peace here offered us by Christ. It is that of yoking up with him. All who will accept the condition will find that the yoke of Christ will help them to bear every burden needful for them to carry. Without Christ at our side to bear the heaviest part of the load, we must indeed say that it is heavy. But yoked with him to the car of duty, the burdens of life may all be lightly carried. And just as a man acts in willing obedience to the requirements of God, will come his peace of mind.

*The Signs of the Times, July 22, 1897*

### 3-12

Many are seeking for happiness, but they know not how to obtain it. If such would find true happiness, their minds must first receive the right discipline. They must learn to have faith and confidence in God. Those who have not learned to subdue self, to control impulse, and to bring themselves into obedience to the principles of the law of God, will not, cannot be happy, or at peace and rest. *The Review and Herald, February 2, 1886*

### 3-13

He who seeks happiness by changing his outward surroundings without changing his own disposition, will find that his efforts will produce only fresh disappointments. He carries himself with him wherever he goes. His unrest, his impatience, his uncontrollable thoughts and impulses, are ever present. The great trouble is in himself. Self has been cherished. He has never fallen upon the Rock and been broken. His will has never been trained to submit; his unyielding spirit has never been brought into subjection to the will of God

*The Review and Herald*, February 2, 1886

### 3-14

A stubborn, willful spirit is not of Christ, but of Satan; hence, it will not be cherished by him who has the mind of Christ. All impurity of thought will be overcome, and the mind will be trained to pure and holy thoughts. Backbiting and evil speaking will be put away. Jealousy and selfishness will be overcome, for they are Satanic, and not Christlike. Bitter are the fruits of self-indulgence, of unsanctified traits of character. There is no rest or happiness in a life of opposition to God. But sweet is the joy and peace experienced by those who close the door to Satan, and open it to Christ.

*The Signs of the Times*, Oct. 12, 1891

### 3-15

Here is the secret of content and peace and happiness: Obedience of the laws of nature and of God. The true Christian, possessing the meekness and lowliness of Christ, is content with plain, convenient, healthful garments, and seeks to live a life of usefulness and conform his habits to the example of Jesus. Such a one will find the truest happiness, the reward of well-doing. Such a one will be lifted above the slavery of an artificial life into the freedom and grace of Christ-like simplicity.

*The Health Reformer*, February 1, 1877

## 4-1

Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies--pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of sunlight in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use. All these are powerful in their efficiency, and the patient who has obtained a knowledge of how to eat and dress healthfully may live for comfort, for peace, for health.

*Medical Ministry, page 223,224*

## 4-2

But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. There are many ways in which water can be applied to relieve pain and check disease. 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.

*The Ministry of Healing, page 237*

## 4-3

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. 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.

*The Ministry of Healing, page 237*

## 4-4

"Whosoever drinketh of this water shall thirst again: but whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." John 4:13, 14. By the living water is meant the Holy Spirit. As a thirsty traveler needs water to drink, so do we need God's spirit in our hearts. He who drinks of this water shall never thirst.

*The Story of Jesus, page 55*

## 4-5

All over the field of revelation are scattered glad springs of heavenly truth, peace, and joy. These fountains of joy are within the reach of every seeker. The words of Inspiration, pondered in the heart, will be as living streams flowing from the River of the Water of Life. Our Saviour prayed that the mind of his followers might be opened to understand the Scriptures. Whenever we study the Bible with a prayerful heart, the Holy Spirit is near to open to us the meaning of the words we read.

*Bible Echo and Signs of the Times,*

October 15, 1892

## 4-6

The principles of temperance must be carried further than the mere use of spirituous liquors. The use of stimulating and indigestible food is often equally injurious to health, and in many cases sows the seeds of drunkenness. True Temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.

*Patriarchs and Prophets*, page 562

## 4-7

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.

*Patriarchs and Prophets* pg 562

## 4-8

Everyone who violates the laws of health must sometime be a sufferer to a greater or less degree.

A large share of the sickness and suffering among us is the result of the transgression of physical law, is brought upon individuals by their own wrong habits.

*Counsels on Health*,  
pages 99 and 49

## 4-9

DANIEL and his companions enjoyed the benefits of correct training and education in early life, but these advantages alone would not have made them what they were. The time came when they must act for themselves, --when their future depended upon their own course. Then they decided to be true to the lessons given them in childhood. The fear of God, which is the beginning of wisdom, was the foundation of their greatness.

*Messages to Young People*, pg 243

## 4-10

Dear YOUTH,

God calls upon you to do a work which through His grace you can do. "Present your bodies a living sacrifice, holy, acceptable unto God," ... Stand forth in your God-given manhood and womanhood. Show a purity of tastes, appetite, and habits that bears comparison with Daniel's. God will reward you with calm nerves, a clear brain, an unimpaired judgment, keen perceptions. The Youth of today whose principles are firm and unwavering will be blessed with health of body, mind, and soul.

*Messages to Young People*,  
page 243-244

## 4-11

Remember that you are daily weaving for yourself a web of habits. If these habits are according to the Bible rule, you are going every day in steps heavenward, growing in grace and the knowledge of the truth; and like Daniel, God will give you wisdom as He gave to him. You will not choose the paths of selfish gratification. Practice habits of strictest temperance, and be careful to keep sacred the laws which God has established to govern your physical being. God has claims upon your powers, therefore careless inattention to the laws of health is sin. The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things. *Temperance*, pg. 188

## 4-12

Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.

*The Ministry of Healing*, page 295

## 4-13

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.

*The Ministry of Healing, pg 296*

## 4-14

There should not be a great variety at any one meal, for this encourages overeating and causes indigestion.

*The Ministry of Healing, page 299*

## 4-15

As our physical life is sustained by food, so our spiritual life is sustained by the Word of God. And every soul is to receive life from God's Word for himself. As we must eat for ourselves in order to receive nourishment, so we must receive the Word for ourselves. Yes, the Word of God is the Bread of Life. Those who receive and assimilate this Word, making it a part of every action, of every attribute of character, will grow strong in the strength of God. It gives immortal vigor to the soul, perfecting the experience, and bringing joys that will abide forever.

How carefully should every soul for whom Christ has died, watch and pray lest the moral taste should become perverted, lest by feeding the thoughts upon earthly, common things they come at last to desire nothing better! ...Those who continually feed upon the Word of God will not turn aside, as did Adam and Eve, and disobey God's law.

*The Sign of the Times Feb.3, 1904 & Sept. 5, 1895*

