NATURAL LAWS ARE DIVINE

God has formed laws to govern every part of our constitutions, and these laws which He has placed in our being are divine, and for every transgression there is a fixed penalty, which sooner or later must be realized. *(Healthful Living, 20).* Our first duty, one which we owe to God, to ourselves, and to our fellow men, is to obey the laws of God, which include the laws of health. *(3 Testimonies, 164).*

The laws governing the physical nature are as truly divine in their origin and character as the law of the Ten Commandments. Man is fearfully and wonderfully made; for Jehovah has inscribed His law by His own mighty hand on every part of the human body. *(Letter, August 5, 1896).* "Have I not a right to do as I please with my own body?" —No, you have no moral right, because you are violating the laws of life and health which God has given you. You are the Lord's property,—His by creation and His by redemption. Every human being is under obligation to preserve the living machinery that is so fearfully and wonderfully made. *(Letter, May 19, 1897).*

THE HUMAN BODY NOT OUR OWN

Our very bodies are not our own, to treat as we please, to cripple by habits that lead to decay, making it impossible to render to God perfect service. Our lives and all our faculties belong to Him. He is caring for us every moment; He keeps the living machinery in action. If we were left to run it for one moment, we should die. We are absolutely dependent upon God. *(Letter, October 12, 1896).* The health should be as sacredly guarded as the character. *(Christian Temperance, 82).*

Proportionally as nature's laws are transgressed, mind and soul become enfeebled . . Physical suffering of every type is seen . . Suffering must follow this course of action. The vital force of the system cannot bear up under the tax placed upon it, and it finally breaks down. *(Letter, August 30, 1896).* Sickness is caused by violating the laws of health; it is the result of violating nature's laws. *(3 Testimonies, 164).*

> *The transgression of physical law is the transgression of God's law. Our Creator is Jesus Christ. He is the author of our being. He has created the human structure. He is the author of the physical laws, as He is the author of the moral law. And the human being who is careless and reckless of the habits and practices that concern his physical life and health, sins against God. (Letter, May 19, 1897).*

WE REAP WHAT WE SOW

God's law is written by His own finger upon every nerve, every muscle, every faculty which has been entrusted to man. *(Letter, August 30, 1896).* Health, strength, and happiness depend upon immutable laws; but these laws cannot be obeyed where there is no anxiety to become acquainted with them. *(Healthful Living, 18).*

The Lord has made it a part of His plan that man's reaping shall be according to his sowing. *(Letter, May 19, 1897).* To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message to prepare a people for the coming of the Lord. *(3 Testimonies, 161; CDF, 69).*

APPLY NATURAL REMEDIES

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. *(5 Testimonies, 443).*

It is the duty of every human being, for his own sake and for the sake of humanity, to inform himself or herself in regard to the laws of organic life, and conscientiously to obey them . . It is the duty of every person to become intelligent in regard to disease and its causes. *(Letter, December 4, 1896).*

A MAINTENANCE PROGRAMME

Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated. *(Solemn Appeal, 16).* Close confinement indoors makes women pale and feeble, and results in premature death. *(Healthful Living, 61).*

Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur. *(Spiritual Gifts, Vol. 4, 133).*

The effects produced by living in close, ill-ventilated rooms are these: . . The mind becomes depressed and gloomy, while the whole system is enervated; and fevers and other acute diseases are liable to be generated . . The system is peculiarly sensitive to the influence of cold. A slight exposure produces serious diseases. *(1 Testimonies, 702).*

DO NOT OVER EAT

What influence does overeating have upon the stomach? —It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as a result. *(2 Testimonies, 364).* The free use of sugar in any form tends to clog the system, and is not infrequently a cause of disease. *(Counsels on Health, 154).*

DO NOT OVER EAT (CONT.)

The liability to take disease is increased tenfold by meat eating. *(2 Testimonies, 64).* Rich and complicated mixtures of food are health destroying. Highly seasoned meats and rich pastry are wearing out the digestive organs. *(Letter, November 5, 1896).*

Drugging should be forever abandoned; for while it does not cure any malady, it enfeebles the system, making it more susceptible to disease. *(5 Testimonies, 311).* A neglect of cleanliness will induce disease. *(How to Live, Chapter 4, 61).* Rooms that are not exposed to light and air become damp . . Various diseases have been brought on by sleeping in these rooms. *(How to Live, 243).*

Dwellings, if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result. *(How to Live, 246).*

If the clothing worn is not often washed, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration . . The pores of the skin absorb again the waste matter thrown off. *(How to Live, 242).* When we do all we can on our part to have health, then may we expect that blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. *(How to Live, 246).*

HEALTH A GREAT TREASURE

Health is a great treasure. It is the richest possession that mortals can have. Wealth, honor, or learning is dearly purchased, if it be at the loss of the vigor of health. None of these attainments can secure happiness if health is wanting. *(Christian Education, 35).* That time is well spent which is directed to the establishment and preservation of sound physical and mental health . . It is easy to lose health, but it is difficult to regain it. *(Review, No. 39, 1884).*

Perfect health depends on perfect circulation. *(2 Testimonies, 531).* Many have inquired of me, "What course shall I take to best preserve my health?" My answer is, Cease to transgress the laws of your being; cease to gratify a depraved appetite, eat simple food, dress healthfully, which will require modest simplicity, work healthfully, and you will not be sick. *(Counsels on Health, 37).*

AIMLESS LIFE A LIVING DEATH

An aimless life is a living death. The mind should dwell upon themes relating to our eternal interests. This will be conducive to health of body and mind. *(Review, No. 31, 1884).* God has pledged Himself to keep this living machinery in healthful action, if the human agent will obey His laws and cooperate with God. *(Letter, January 11, 1897).*

Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body. *(Christian Temperance, 120).*

PRINCIPLES OF HEALTH

Natural Law, the Body, and Divine Health

> *Know ye not that your body is the temple of the Holy Ghost which is in you . . and ye are not your own? For ye are bought with a price: therefore glorify God in your body.*
>
> **— 1 Corinthians 6:19–20**

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