

FILE NO. 8

**Research
and
Discovery on:**

**the Sanctuary
and
Health-Evaluation**

METHOD NO. 8

THE SANCTUARY AND HEALTH-EVALUATION

SUGGESTED METHOD:

- Fill out the [Health-Evaluation](#). When helping someone else, let them fill their own evaluation while explaining difficult questions.
- Use the [8 Laws of Health](#) and discover from the given answers which law or laws have been transgressed. Start making changes by obeying these laws and use natural remedies to help restore your body. Honesty and perseverance are the keys to improve or change!
- More [Additional Health Bulletins](#) are offered to complete file no. 6 with these important subjects: tea, coffee, alcohol, tobacco, drugs:

OBEY AND LIVE
DISOBEY AND DIE

FILE NO. 08

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FILE NO. 8

THE SANCTUARY AND A HEALTH-EVALUATION

IT IS WRITTEN:

"I AM the Lord that healeth thee." Exodus 15:26

"Bless the lord, O my soul, and forget not all his benefits: who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowned thee with lovingkindness and tender mercies."
Psalm 103:3, 4

Recipe to obtain good mental health:

- Read 5 Psalms per day
- Read 1 Chapter of Proverbs per day

THE BIBLE COMPANIONS:

"A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs... People need to learn that drugs does not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. The only hope of better things is in the education of the people in right principles."
Ministry of Healing, p. 126

File No. 08 - Appendix of Studies

STUDY: [THE HEALTH EVALUATION](#) (See File 08, p. 4)

STUDY: [THE EIGHT LAWS OF HEALTH](#) (See File 08, p. 5)

STUDY: [ADDITIONAL HEALTH BULLETINS](#) (See File 08, p. 6-11)

REFERENCES:

It is written, The Bible

The Bible Companions: E. G. White, Author
Ministry of Healing, p. 126, 127

FILE NO. 08

HEALTH-EVALUATION

1	Do you enjoy physical activity such as a brisk, one mile walk?
2	Do you ever feel chilly or have cold skin on any body part?
3	Do you have a set mealtime? Do you think you eat too much?
4	Do you frequently have colds?
5	Do you use tobacco? alcohol? caffeine? medication?
6	Do you fall asleep when sitting still? How many hours of sleep do you get per night? What time do you go to bed at night?
7	Do you have pain or discomfort in head? trunk? or extremities?
8	Do you have one or more bowel evacuations daily? how many?
9	Do you have pale urine? how many glasses of water do you drink daily?
10	Do you have allergies? Hay fever? Skin problems? Sinusitis?
11	Do you have frequent infections? or accidents?
12	Do you ever feel depressed or gloomy?
13	Do you frequently have gas? indigestion?
14	Are you developing your mental and spiritual capabilities by daily study, meditation and prayer?
15	Would you like to be instructed in how to restore your health and prevent sicknesses and diseases naturally?

8 Laws of Health

TEST TO WARN
THE PEOPLE

Trust in God



Exercise



Sunshine



Temperance



Water



Air



Rest



Nutrition FRUIT NUTS VEG GRAIN

HEALTH BULLETIN #8

WARNING!

STIMULANTS AND NARCOTICS: **TEA, COFFEE, CONDIMENTS**

It must be kept before the people that the right balance of the mental and moral powers depends in a great degree on the right condition of the physical system. All narcotics and unnatural stimulants that enfeeble and degrade the physical nature tend to lower the tone of the intellect and morals. Intemperance lies at the foundation of the moral depravity of the world. By the indulgence of perverted appetite, man loses his power to resist temptation.

Under the head of stimulants and narcotics is classed a great variety of articles that, altogether used as food or drink, irritate the stomach, poison the blood, and excite the nerves. Their use is a positive evil. Men seek the excitement of stimulants, because, for the time, the results are agreeable. But there is always a reaction. The use of unnatural stimulants always tends to excess, and it is an active agent in promoting physical degeneration and decay.

In this fast age, the less exciting the food, the better. Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure. The inflamed condition of the drunkard's, stomach is often pictured as illustrating the effect to alcoholic liquors. A similarly inflamed condition is produced by the use of irritating condiments. Soon ordinary food does not satisfy the appetite. The system feels a want, a craving, for something more stimulating.

Tea acts as a stimulant and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid.

Because of these results, many suppose that their tea or coffee is doing them great good. But this is a mistake. Tea and coffee do not nourish the system. Their effect is produced before their has been time for digestion and assimilation, and what. seems to be strength is only nervous excitement. When the influence of the stimulant is gone, the unnatural force abates, and the result is a corresponding degree of languor and debility.

The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils; for they wear away the life forces. Tired nerves need rest and quiet instead of stimulation and overwork. Nature needs time to recuperate her exhausted energies. When her forces are goaded on by the use of stimulants, more will be accomplished for a time: but as the system becomes debilitated by their constant use, it gradually becomes more difficult to rouse the energies to the desired point. The demand for stimulants becomes more difficult to control, until the will is overborne and there seems to be no power to deny the unnatural craving. stronger and still stronger stimulants are called for, until exhausted nature can no longer respond.

The Ministry of Healing, p. 325,326 (excerpts)

HEALTH BULLETIN #9

WARNING!

STIMULANTS AND NARCOTICS: TOBACCO

We who work in favor of temperance have a work to do in educating the people in these lines. We must teach them that health, character, and even life, are endangered by the use of stimulants, which excite the exhausted energies to unnatural, spasmodic action.

In relation to tea, coffee, tobacco, and alcoholic drinks, the only safe course is to touch not, taste not, handle not. The tendency of tea, coffee and similar drinks is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habits is as difficult to break as it is for the drinker to give up intoxicants.

Tobacco is also a slow, insidious, but most malignant poison. In whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible. It excites and then paralyzes the nerves. It weakens and clouds the brain. often it affects the nerves in a more powerful manner than does intoxicating drink. It is more subtle, and its effects are difficult to eradicate from the system. It uses excites a thirst for strong drink and in many cases lays the foundation for the liquor habit.

The use of tobacco is inconvenient, expensive, unclean, defiling to the user, and offensive to others. It devotees are encountered everywhere. You rarely pass through a crowd but some smoker puffs his poisoned breath in your face. It is unpleasant and unhealthful to remain in a room where the atmosphere is laden with the fumes of liquor and tobacco. Though men persist in using these poisons themselves, what right have they to defile the air that others must breathe?

Among children and youths, the use of tobacco is working untold harm. The unhealthful practices of past generations affect the children and youth of today. Mental inability, physical weakness, disordered nerves, and unnatural cravings are transmitted as a legacy from parents to children. And the same practices, continued by the children, are increasing, and perpetuating the evil results. To this cause, in no small degree is owing the

physical, mental, and moral deterioration which is becoming such a cause of alarm.

Young boys and girls begin the use of tobacco at a very early age. The habit thus formed when body and mind are especially susceptible to its effects, undermines the physical strength, dwarfs the body, stupefies the mind, and corrupts the morals.

But what can be done to teach children and youths the evils of a practice of which parents, teachers, doctors and even the clergy set them the example? "My father uses tobacco" or pointing the pastor or the school principal, they say, "Such a man smokes; what harm for me to do has he does"? Many workers in the temperance cause and medical field are addicted to the use of tobacco. What power can such a person have to stay the progress of intemperance?

The Ministry of Healing, p. 328,335 (excerpts)

HEALTH BULLETIN #10

WARNING!

STIMULANTS AND NARCOTICS: ALCOHOL

"Wine is a mocker, strong drink is raging :
And whosoever is deceived thereby is not wise."
"Who hath woe? who hath sorrow? who hath contentions?
Who hath babbling? Who hath wounds without cause?
Who hath redness of eyes?
They that tarry long at the wine;
They that go to seek mixed wine;
Look not thou upon the wine when it is red,
When it giveth his color in the cup,
When it moveth itself aright.
At the last it biteth like a serpent,
And stingeth like an adder."
Proverbs 20:1, 23:29-32.

The Bible nowhere sanctions the use of intoxicating wine. The wine that Christ made from water at the marriage feast of Cana was the pure juice of the grape. This the "new wine...found in the cluster," of which the Scripture says, "Destroy it not; for a blessing is in it." Isaiah 65:8. Christ did not contradict His own teaching. The unfermented wine that He provided for the wedding guests was a wholesome and refreshing drink. This is the wine that was used by our Savior and His disciples in the first Communion. It is the wine that should always be used on the Communion table as a symbol of the Savior's blood. The sacramental service is designed to be soul-refreshing and life-giving. There is to be connected with it nothing that could minister to evil.

Often intemperance begins in the home. By the use of rich, unhealthful food the digestive organs are weakened, and a desire is created for food that is still more stimulating. Thus the appetite is educated to crave continually something stronger. The demand for stimulants becomes more frequent and more difficult to resist. The system becomes more or less filled with poison, and the more debilitated it becomes, the greater is the desire for these things. One step in the wrong direction prepares the way for another. Many who would not be guilty of placing on their table wine or liquor of any kind will load their table with food and drink which create such

a thirst for strong drink that to resist the temptation is almost impossible. Wrong habits of eating and drinking destroy the health and prepare the way for alcoholism. Many who would not be guilty of placing on their table wine or liquor of any kind will load their table with food and drink which create such a thirst for strong drink that to resist the temptation is almost impossible.

Let parents begin a crusade against intemperance at their own homes in the principles they teach their children to follow from infancy, and they may hope for success. The licensing of the liquor traffic is advocated by many as tending to restrict the problems of drinking. But the licensing of the traffic places it under the protection of law. The government sanctions its existence, and thus fosters the evil which it professes to restrict. Under the protection of license laws, breweries, distilleries, and wineries are planted all over the land, and the liquor seller plies his work beside our very doors.

Licenses are granted on the plea that they bring a revenue to the public treasury. But what is this revenue when compared with the enormous expense incurred for the criminals, the insane, the paupers, that are the fruit of the liquor traffic!

They authorized the sale of a draft that would make a sane man mad; and now it is necessary for them to send the man to prison while often his wife and children are left destitute to become the charge of the community in which they live. Considering only the financial aspect of the question, what folly it is to tolerate such a business!

The Ministry of Healing, p.330,342,344 (excerpts)

