

Health for You: 20. Faith; Trust; and Choices!

Attitude Can Make or Break You!

Happiness consists of wanting what you have rather than having what you want. It comes from gratitude rather than gratification. Happiness should be practiced rather than pursued.

The Bible has an interesting text: "For as he thinketh in his heart, so is he:" Proverbs 23:7. Our minds have a powerful effect on our bodies.

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

"Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.

"Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry [rejoicing] heart doeth good like a medicine." Proverbs 17:22. MH 241.

There is a safe road to travel and there seems to be pitfalls on either side of it. Taking the attitude that, "In order to be happy, I need to eat and drink whatever I want to and whenever I want to. I do not want to deny myself anything." This attitude will certainly lead to regret somewhere along the line. One of the big reasons that a healthy diet is a real challenge today is that never before in history has such a wide range of food-stuffs been available and has so much manipulation of our food-supply by mega-businesses and chemical cartels and mass-marketing schemes existed in history. We deal in other chapters with some of the effects of this situation, but here we want to say that this very condition of things makes a positive attitude absolutely vital to our reaching the goal of optimal health! It is easy to get disheartened and just say the above and eat whatever falls on our plate. It is easy just to go with the flow and buy what is set before us in the stores and food emporiums. But this defeatist attitude will bring suffering sooner or later and really, it can rob you of what is rightfully yours, something God wants you to have—health and happiness.

Faith

One of the first attitudes we need to cultivate is the faith that there is an answer, that it is available and that if you try, you can find it. This takes a kind of faith and it seems too often the kind of faith we are shortest on. Oh, we all have faith—Lots of it! "What do you mean by that?" you ask.

Well our culture seems to have infinite faith in a lot of things that are just not so. Mark Twain made the statement, "It is not what we don't know that hurts us; it is what we **know** that isn't so."

We have faith that every item we see in our supermarkets is all safe and reasonably healthy and not harmful, while the truth is, that if you have enough money and the right connections, you can market anything!

We have faith our doctors know what is good for us to eat and the truth is not one in a thousand was ever taught human nutrition!

We have faith that the majority must be right in what they do and teach and allow. But history will tell us, if we listen, that the majority is almost always wrong. What does that tell you about democracy— Hmm?

We have faith that science either has the answers, or will soon find the answers to all our problems, but take a look backward at the last century or so and see how the more inventions and changes taking place; the more problems arrive with them.

So, yes we do have faith, but it seems we have too little in ourselves, too little courage to tackle a complex problem, find the simple solution, and get, for ourselves at least, what the majority is lacking, good, sustainable, affordable health! So, yes, take a positive attitude; you **can** do it. Take the time to study and research, remembering which voices to put your faith in; experiment and learn to think clearly for yourself.

Paranoid Plate Watchers

The fact is that there are so many naysayers that no matter **what** one decides to eat, you can certainly find some voice telling you that is no good, can make one paranoid about one's food. Take an attitude of cheerfulness; remember that restrictions made by God, are only there to provide a happier life. Do not feel you are giving up anything when you eliminate items from your plate that you have learned from inspiration are undesirable; instead focus on the new and good things you can add. Faith that God's plan is truly a happy one for you, will help you progress powerfully toward your goal.

The paranoid plate watcher is a place all of us have been at times; but when we find ourselves there, we need to chuck that attitude and take an 'attitude of gratitude', make the best selections we can at the time, and asking God's blessing, eat with a happy mind-set.

"Some are continually anxious lest their food, however simple and healthful, may hurt them. To these let me say, Do not think that your food will injure you; do not think about it at all. Eat according to your best judgment; and when you have asked the Lord to bless the food for the strengthening of your body, believe that He hears your prayer, and be at rest." MH 321 (1905).

Medical Misguidance

Another place where attitudes often hold us back from progress, is from our past history of medical misguidance. Many of us have experienced being given a life sentence that a certain condition is permanent; there is nothing can be done about it; you have to learn to live with it; that you *must* take a certain medication forever; that you can *never* eat certain foods or take part in certain activities; and so on. We can have these ideas so entrenched in our very mind-set that we are afraid to even try to test those boundaries. We often get these limitations from other sources than medical; perhaps something a parent told us ages back, or even something we imagined up for ourselves from circumstantial evidence. Here is a quote about persons afraid to bathe.

"If invalids receive the idea that a bath will injure them, the mental impression is communicated to all the nerves of the body. The nerves control the circulation of the blood; therefore the blood is, through the impression of the mind, confined to the blood-vessels, and the good effect of the bath lost, because the blood is prevented by the mind and will from flowing readily, and from coming to the surface and stimulating, arousing, and promoting circulation." Health Reformer, June 1, 1872

It is essential that we change our attitudes first, to at least entertain a willingness to learn, test, and try, because if we really believe something will harm us, chances are it will, just from the emotional effects of our negativity. But the good news is that it works even more powerfully the other way around! Do some thinking about your barriers; question your boundaries and don't be afraid to rattle the gates and find your way out. Remember that the medical ideas that rule today, will be obsolete in a matter of years or even months! So what you were assured as true 'back then' is likely not true at all.

Attitude of Gratitude

"Bless the LORD, O my soul, and forget not all his benefits:" Psalm 103:2

Why does the Lord put so much emphasis in His Word about being thankful, singing praises and having right attitudes? Is it because He needs us to flatter His ego? No! Indeed Not! Everything God ever commands or suggests to His human children is always and only for our best good. God knows that by doing these things, we come into a healthy and happier frame of mind, and every aspect of our lives, including our health will be vastly improved.

The story is told by Pastor Cooper of a lady he was asked to visit. This lady was well off in worldly goods, but remained a self-inflicted prisoner within her home for years, shut away from life and light, and totally miserable. Anyone who did visit her was told all the details of her unfortunate life and the unfair way she had been treated.

After hearing all this, the Pastor made a simple suggestion to her: "Take a notebook and write down ten things for which you are thankful and think about them and thank God for them one by one; then the next day write a few more and continue to think about them and to thank God for them. Do this each day."

"Oh, what in the world," blurted the bitter lady, "do I have to be thankful for?"

"Well", responded the Pastor, hesitating, "You have a lovely piano over there; you might be thankful for that."

"I guess so," murmured the lady, "It is rather lovely, isn't it? I am thankful to own it."

"And what about eyesight; isn't it good that you are not blind?"

"Oh, well, yes, I guess so," she admitted.

"That is the way", smiled the pastor, "just keep looking for things you can thank God for." He then prayed with her and bade good-bye, promising to return in a few weeks.

When he next knocked on the door of this recluse, he was amazed at what greeted him. She flung open the door and welcomed him in with a smile. The house was changed, the windows beamed with sunlight and the songs of birds drifted in through open windows. She was radiant, well groomed, and the joy of life shown from her eyes.

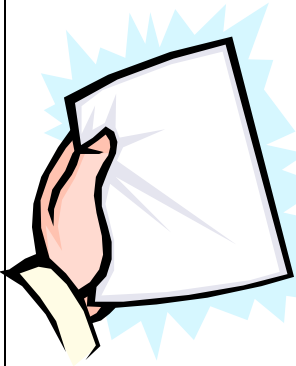
“Why look, Pastor, she said handing him a full notebook, “I have so much for which to be thankful! How could I have missed it all these years?”

The Attitude of Gratitude had changed her life, putting her back in touch with God, the source of joy and peace.

Now let’s take a closer look at this whole subject:

Action and Attitude

Suppose I have here a piece of paper, it has the number ‘1’ marked on the one side and the number ‘2’ marked on the other side. Now if I give this paper to you to examine, you can see that it is one sheet of paper, and ‘1’ is written on one side and ‘2’ is written on the other side. OK; what would you think of me if I asked you to give me side one and keep side two for yourself? Yes, you heard me right, I want you to give me sheet one and keep sheet two for yourself.



What? You have a problem with that? What’s the problem? You say you can’t do that? Well why not? Look here; there are two sides, why can’t I have one and you the other?

You reply, “Because, didn’t you know? Haven’t you heard? Hasn’t anyone ever told you? The two sides are only one paper, and you can’t have one side without the other.”

“You mean the two sides make up one complete object? But the two sides are different, you can see that one side has a 1 on it and the other has a 2; but you still say they are only one paper?”

Yes, you are certainly correct; and if I were to seriously ask you to do this, you would have a right to doubt my mental processes. No one would dream of asking such a thing, we wouldn’t make such a mistake as that! But do you know that we, in our western, modern culture, have been taught to think in just that kind of unrealistic way about ourselves, our very lives? We have come to believe that a person can be one way inside—in our thoughts, and another way in our outward actions. We also imagine that our outward actions have no real effect on how we are inside—in our ‘inward, real self’—as we like to think of it. Let’s look at what Jesus said over here in Matthew 15:19:

“For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:”

Notice that most of these are what we would call, ‘actions’. Turn to Matthew 5:28:

“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”

Where is our ‘heart’? Is it inside or outside? What is meant by our heart? “I love you with all my heart,” “Whatever he does, he does with all his heart!” Is it this muscular organ that we all have beating away in our chest? When we speak of our ‘heart’ in this sense, we mean our whole selves, everything that makes us truly ‘us’. You will notice I didn’t say “our inner selves?” Can we have an ‘inner self’ without an ‘outer self’? Think of the paper again; can I have side one without side two? No! It means our whole self and includes the way we look at things, our outlook on life.

It seems that Jesus told us clearly that our 'insides' (thoughts and feelings) and our 'outsides' (words and actions) are inseparably connected, just like our paper's two sides. Let me tell you a story:

A young woman visited a well-known psychiatrist one day. Her marriage had gone on the rocks, and now she wanted to be divorced. However, before leaving her husband she had the frantic desire to hurt him as vehemently as ever possible. She hated him with all her heart. That was the only reason why she solicited the psychiatrist's advice.

"Well, I know men—how they think and react," said the psychiatrist, "So I can tell you exactly what will hurt your husband more acutely than anything else. If you take my advice, you will simply stay with him for another three weeks or so. During the course of that time, you should treat him with treacherous friendliness. In fact, you ought to do him all the good you could ever imagine to do. Let him gradually be wrapped up in the deceptive idea that you love him sincerely, and then, suddenly one day, you break away from him as cold as ice. That will hurt him to the core. But we will plan the rupture in more detail once you have practiced your fraudulent work upon his self-conceited mind. The departure should be made as scornful and cutting as possible. But remember; now in round one, you are to load him with goodness and all imaginable tokens of love, and see to it that they look as genuine as possible."

The woman thought it was certainly a shrewd plan, and just sufficiently wicked and cynical to suit her purpose. She joined into it wholeheartedly and followed the instructions as closely as she could. Finally the day came when she came back to the psychiatrist as she had promised, but there seemed to be something different in her demeanor.

"Well, did you proceed exactly as I told you?" he inquired.

"Yes, I have been heaping him with goodness and love every day, since I left your consulting room", she said.

"Good! Now, what date do you think would be most convenient to leave him?"

"Leave him? Why should I leave him? I couldn't think of leaving him now—not even for a moment. I love him. I have never loved him as much as I do today."

Consider for a moment; what was it that affected that woman in such a powerful way that her rabid hatred was changed into warmth and love? Was it not the reaction of her actions?

You see, not only do our thoughts and feelings show up clearly in our actions, but our actions have a direct and powerful effect on our thoughts and feelings.

I wish to share this amazing statement:

"It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have, - the great love and mercy of God, - we would have more faith and greater joy." Ministry of Healing 251.

We have all heard the motto, "Keep Smiling!" We have numerous songs about this very topic. Suppose I am feeling very sad and depressed today; I have a sad face and sad thoughts and I'm all turned inward to my sad self. Then I remember the motto, "Keep Smiling". I turn outward a little and think "Well, I don't want to make others around me feel sad, so I will 'Put on a Happy face'" and so I do. What

begins to happen when I do this? Do I still feel all sad and depressed inside? No, amazingly enough, as I turn away, even a little from my self-pity, and put on a pleasant smile, 'just for the sake of others', I feel better in myself.

Why is this? My problems might still be there, but I feel better just from smiling. Well I am going to let you in on a secret, and it is a powerful secret! It is impossible for the body to have an outward show of an emotion without also having the inward feeling of that emotion as well. Side one and Side two remember?

Here are some more words of Jesus: Matthew 12:33, 34: "Either make the tree good, and his fruit good; or else make the tree corrupt, and his fruit corrupt: for the tree is known by his fruit. O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh."

Luke 6:43-45: "For a good tree bringeth not forth corrupt fruit; neither doth a corrupt tree bring forth good fruit. For every tree is known by his own fruit. For of thorns men do not gather figs, nor of a bramble bush gather they grapes. A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh."

What does Jesus mean when He talks about fruit? Well, by 'fruit' He means our actions, our outward actions and our words. He is saying that we cannot be one way inside and another way out side, because each side, affects the other side, as they are really only one. If I tear side One of my paper, I have to tear side Two at the same time, don't I?

Here is another amazing bit of insight shared by the late Dr. Carsten Johnsen, from an ancient Roman philosopher named Tacitus, who says somewhere in his Annals: "It is really a characteristic of the human mind to hate the person it has hurt."

"Can that really be true?" some would immediately inquire.

Of course we are all quite familiar with the idea that human beings have a tendency to hurt a person towards whom they already have a certain amount of that all too uncommon emotion called hatred. But suppose I happened to cause some offense or damage to somebody, perhaps even quite inadvertently. In other words, that unfortunate victim, perhaps an entire stranger to me, had only one 'fault' and that was that he in some way or other has exposed himself to my quite thoughtless and involuntary blows. Now comes the serious question: What monster from the bottomless abyss of human wretchedness urges me to entertain suddenly an instinctive resentment against that unfortunate and perfectly innocent fellow-creature?

You will perhaps say that my guilty conscience, or even just an intensely unhappy consciousness of that poor fellow's sufferings, has rendered the very thought about him quite disagreeable to me. So consciously or unconsciously I now get busy trying to find some actual, more 'decent' reason for that gradually increasing resentment I feel against the person. And those who search shall find. That seems to apply even to the absurd and evil things for which human minds may search. Anyway, before long, I have half a dozen excellent 'reasons', all nicely adapted to the urgent needs of the case.

'Why!' I say to myself, 'that fellow was not, after all, quite as innocent as he looked at first. Why did he do this and that in connection with the accident? Others, too, I hear, have had difficulty with him. Perhaps he is just the 'rascal' who would deserve all the bad treatment he has now received.' It is so comforting to know that finally someone got 'just what he bargained for'. In fact, even if he got a little more, that probably just 'serves him right'. So why not give him a little more?

Then further relations between me and my 'enemy' develop rapidly both internally and externally. I hurt him still harder now and not quite as accidentally this time, I am afraid. Every new negative action against him brings more negative feelings—exactly in accord with the principle laid down by old Tacitus. Hurting produces hate, and hate produces hurting—a ceaseless vicious circle. Now, in considering this, what do you think about Jesus' words here in Matthew 5:44-48?

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust. For if ye love them which love you, what reward have ye? do not even the publicans the same? And if ye salute your brethren only, what do ye more than others? do not even the publicans so? Be ye therefore perfect, even as your Father which is in heaven is perfect."

Isn't that interesting? You see, Jesus knew that if we act kindly towards someone we dislike, this will change us. It will inevitably change our feelings and thoughts towards that person. You see again, you can't act in one way and feel in another. Your actions will change your feelings, just as your feelings will change your actions. Thus said He, you become "Perfect". If we put good actions to work they change us in our feelings and thoughts as well. This is good news and a powerful way of being the kind of Christian we want to be. Act like a real Christian would act and how Jesus would act and you will have that Joy and Happiness inside that a real Christian has.

This whole vicious circle of hate and blame can be totally short-circuited if we always immediately offer apology for any offense—even if we feel the person should know "we didn't mean it—it was an accident." Even if we don't 'feel like' we need to apologize—this act will prevent any snowballing of the situation into a hating-hurting cycle. WE need that apology even more than the injured party may need it. I am sure that is why Satan often makes the act of apology—the simple saying of, "I am sorry—please forgive me" so distasteful to us. He knows that he can have a field day in planting evil thoughts in the minds of both the hurt and the hurter if reconciliation is not immediate. Remember this and give him the boot by a quick and hearty apology. It is best to do it, even if you were the one who was hurt!

Faith and Works

We often hear a lot about Faith and Works, and many people make the mistake thinking you can have one without the other, but again, like our paper, they are two sides of the same thing—different but indivisible. You can't have one without the other being there as well. You can't have real Faith and just bottle it up and keep it to yourself. When you look again, you will find it gone. And you can't have cheerful, joyous Christian actions without having real Faith either. If you try, you will just find the actions to be drudgery. Faith and Works have to be together.

Now let's look at another side to this reality.

Have you ever heard someone say, “Oh, I can read whatever I like; it has no effect on me at all.” Or “I can watch anything at all on TV, or any kind of movie and it has no effect on me at all. I know it isn’t real so it doesn’t affect me.”

OK; let us discuss this for a moment. When a writer in a mystery story wants to say that the heroine is afraid, do they just write, “She was afraid?” No, that would be boring wouldn't it? They will write something like this; “Her heart was pounding, her hair stood on end, she trembled and screamed in terror.”

Do you know that we are made in such a way that when we read, see, or hear the description of an emotion like this, we actually experience some of this very emotion? We can’t separate the experience from the sight or description of the emotion. We were created to be able to “weep with those who weep, and rejoice with those who rejoice”. (Romans 12:15) Studies have shown that when we read or watch anger, fear, lust, hatred, jealousy and so on, our body changes reflect what we are beholding almost as if the situation were actually happening to us! This is why the reading and watching of fiction-type entertainment is so addicting to us.

Writers and actors know this, and so design entertainment in such a way as to maximize the effect on the reader or viewer. Did you ever notice how “boringly” the Bible is written compared to pulp fiction stories? When the Bible tells the story of someone who fell into sin for example, it just states the happenings as plain facts. Nowhere does it describe the lustful feelings David had for Bathsheba or the feelings of hate that Cain felt for Abel. Why? Because God has no intention of stimulating similar feelings in the readers, but He has to tell us true happenings to teach us true lessons.

But what happens when men decide to “help God out” by making a major movie out of a Bible story? Well then you see and feel all the evil emotions as you watch; and also by the way, the actors see and feel all the evil as they act it out. It is a law of the universe and no-one is immune to it. It is the way we were created. That is Reality!

Did you know that there were no theaters in ancient Israel and no actors? Yes, that is true! God wanted the scriptures *read* to the people and the stories of history *told* to the children with emphasis on the moral lessons they taught. They were never ‘acted out’; they were sung, told or read. Think about it!

I urge you to put this law of your being into action for the good and blessing of yourself and all around you. Consider this insight:

2 Corinthians 3:18: “But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.”

Philippians 4:8: “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

What we look at and think about, the words we say, and the things we do, can all be powerful tools to change us into genuine Healthy Christians with our faces shining with real joy both inwardly and outwardly, because it is really two sides of the same whole.

Our Father, in the name of Jesus we ask: help us to “Behold our Lord” and so become like Him.

Benevolence

“Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.” Luke 6:38

“He that hath pity upon the poor lendeth unto the LORD; and that which he hath given will he pay him again.” Proverbs 19:17

“Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward”. Isaiah 58:6-8

Here is a topic you seldom hear about in health education seminars. It is really very far reaching and has as much power to change our lives as any of the previous topics we have looked at. We have to stop looking at ourselves and our lives in fractional, broken-down pieces and realize that we are a total being. Physical, Mental, Spiritual, Emotional, Social, every part of our lives and our beings affect every other part and no part of us should be separated and treated as having no bearing on the rest.

We looked at attitudes and how they make or break us; now we are considering our basic goals for existence. Most folk do not have any concrete conception of the answers to these questions:

Why am I here?

Why was I born?

What is the purpose of my life?

Where am I going?

How we answer these questions or fail to answer them affects our attitudes and lives in every aspect.

The wide-spread brainwashing of the unproved and un-provable theory of Evolution would have us believe that the whole universe is just a big accident, the result of millions of random accidents; such a view leads only to meaninglessness and emptiness of life. We are only a giant, cosmic burp.

Most people basically conclude, “My existence here is just an accident; there really is no purpose or meaning to life except to continue the species. I don’t know where I am going and might as well just have as much pleasure as I can while I am here.” The aimlessness and meaninglessness that this creates, is definitely harmful to our health and happiness!

It is a Law of the Universe, one of God’s Laws, that to live only for self and selfish pleasure leads to misery and death. While if we sacrifice our own ease and comfort and seek to bring help and joy to others, happiness and fulfillment are welcome side-effects.

Hard heartedness and coldness, indifference and cruelty, can only separate us further and further from God, the ever loving, ever giving Source of all life. And the further we are from Him the less life and joy we can experience and the more hopelessly miserable we become.

There is a little poem that says: “I wept because I had no shoes; Until I met a man who had no feet.”

Turning our eyes away from self can change everything for you. First turn your eyes to God; read the Bible and pray daily. Not as a “Holiness or Religious Ritual”, but to get to know “The only true God and Jesus Christ whom He hath sent.” Give your heart to Him and He will cleanse it and fill you with Peace and Joy. Then look around you and see those whom you can help; your family, spouse, neighbors, friends and those strangers your path crosses day by day. A smile, a kind word, graciously lending a helping hand, a small gift of remembrance to a lonely person, a thoughtful letter to an old friend; and yes, even a letter of apology to someone you have wronged or who may have wronged you.

There are countless ways benevolence can enter your life bringing its healing balm on angel wings of peace and mercy.

The Positive Effect of Happy Attitudes in the Home

Our homes have such an impact on our health and happiness! Too often we seem to think that while we ‘have to behave’ a certain way in public, at home, anything goes. We are focused on getting those that share our homes to cater to our happiness, instead of focusing on how we can add our part to their peace and contentment! The attitude of seeking our own happiness by demanding it of others is a total failure. Real happiness is found only by nurturing the happiness of others. Notice these home-health suggestions.

Mothers

“The mother can and should do much toward controlling her nerves and mind when depressed; even when she is sick, she can, if she only schools herself, be pleasant and cheerful and can bear more noise than she would once have thought possible. She should not make the children feel her infirmities and cloud their young, sensitive minds by her depression of spirits, causing them to feel that the house is a tomb and the mother's room the most dismal place in the world. The mind and nerves gain tone and strength by the exercise of the will. The power of the will in many cases will prove a potent soother of the nerves. Do not let your children see you with a clouded brow.” Adventist Home 252.

“Every woman about to become a mother, whatever may be her surroundings, should encourage constantly a happy, cheerful, contented disposition, knowing that for all her efforts in this direction she will be repaid tenfold in the physical, as well as the moral, character of her offspring. Nor is this all. She can, by habit, accustom herself to cheerful thinking, and thus encourage a happy state of mind and cast a cheerful reflection of her own happiness of spirit upon her family and those with whom she associates. And in a very great degree will her physical health be improved. A force will be imparted to the lifespings, the blood will not move sluggishly, as would be the case if she were to yield to despondency and gloom. Her mental and moral health are invigorated by the buoyancy of her spirits. The power of the will can resist impressions of the mind and will prove a grand soother of the nerves.” Adventist Home 258.

Love At Home

“In many families we hear very little affection expressed. The members of the family seem cold and alienated, and regard all manner of expressions of affection as sentimental. There is no need of sentimentalism, but there is need of thoughtful courtesy one toward another, of chaste, ennobling, dignified manifestations of regard. Many who profess to love God seem to pride themselves on their hardness of heart. In language and action they reveal a character that is an offense to God. The

tenderest affection should be cherished in the family circle. Especially between the husband and the wife should thoughtful love and refined courtesy ever be manifested. Brothers and sisters should never act as though they did not love one another; they should learn to restrain hasty words and manifestations of impatience. Every member of the family should manifest kindly affection one for another." 13 Manuscript Releases 81.

"Home should be a place where cheerfulness, courtesy, and love abide; and where these graces dwell, there will abide happiness and peace. Troubles may invade, but these are the lot of humanity. Let patience, gratitude, and love keep sunshine in the heart, though the day may be ever so cloudy. In such homes angels of God abide." Ministry of Healing 393.

Children

"Children should respect and reverence their parents; parents should be kind and affectionate toward their children; and all should seek to make one another happy. In the books of heaven the character of the home circle is recorded by the angels. Meetinghouse religion has no value when there is an absence of home religion.

To a large extent parents create the atmosphere of the home circle, and when there is disagreement between father and mother, the children partake of the same spirit. Make your home atmosphere fragrant with tender thoughtfulness. If you have become estranged, and have failed to be Bible Christians, be converted, for the character you bear in probationary time will be the character you will have at the coming of Christ. If you would be a saint in heaven, you must first be a saint on earth." 13 Manuscript Releases 81.

"Fathers and mothers, speak kindly to your children; remember how sensitive you are, how little you can bear to be blamed; reflect, and know that your children are like you. That which you cannot bear do not lay upon them. If you cannot bear censure and blame, neither can your children, who are weaker than you and cannot endure as much. Let your pleasant, cheerful words ever be like sunbeams in your family. The fruits of self-control, thoughtfulness, and painstaking on your part will be a hundredfold." Adventist Home 442.

"Parents, let the sunshine of love, cheerfulness, and happy contentment enter your own hearts; and let its sweet, cheering influence pervade your home. Manifest a kindly, forbearing spirit; and encourage the same in your children, cultivating all the graces that will brighten the home life. The atmosphere thus created will be to the children what air and sunshine are to the vegetable world, promoting health and vigor of mind and body." Child Guidance 146.