Work and Exercise Contribute to Health

You are wearied in the length of your way; yet you did not say, "There is no hope." You have found the life of your hand; therefore you were not grieved. Isaiah 57:10, NKJV.

Riches and idleness are thought by some to be blessings indeed. But when some persons have acquired wealth, or inherited it unexpectedly, their active habits have been broken up, their time is unemployed, they live at ease, and their usefulness seems at an end; they become restless, anxious, and unhappy, and their lives soon close.

Those who are always busy, and go cheerfully about the performance of their daily tasks, are the most happy and healthy. The rest and composure of night brings to their wearied frames unbroken slumber. The Lord knew what was for the happiness of human beings when He gave them work to do. The sentence that they must toil for their bread, and the promise of future happiness and glory, came from the same throne. Both are blessings....

Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of something cheerful....

The lungs should not be deprived of pure, fresh air. If pure air is ever necessary, it is when any part of the system, [such] as the lungs or stomach, is diseased. Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. Brisk, yet not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.

The diseased stomach will find relief by exercise. Physicians frequently advise invalids to visit foreign countries, to go to the springs, or to ride upon the ocean, in order to regain health; when, in nine cases out of ten, if they would eat temperately and engage in healthful exercise with a cheerful spirit, they would regain health and save time and money. Exercise, and a free and abundant use of the air and sunlight--blessings which Heaven has freely bestowed upon all--would give life and strength to the emaciated invalid.--Testimonies for the Church 2:529-531.