Careful Habits Ensure Good Health

I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord. Jeremiah 30:17.

The mind does not wear out nor break down so often on account of diligent employment and hard study, as on account of eating improper food at improper times, and of careless inattention to the laws of health.... Irregular hours for eating and sleeping sap the brain forces. The apostle Paul declares that he who would be successful in reaching a high standard of godliness must be temperate in all things. Eating, drinking, and dressing all have a direct bearing upon our spiritual advancement.
Health is a blessing which few appreciate.... Many eat at all hours, regardless of the laws of health. Then gloom covers the mind. How can men be honored with divine enlightenment when they are so reckless in their habits, so inattentive to the light which God has given in regard to these things.... Life is a holy trust, which God alone can enable us to keep, and to use to His glory. But He who formed the wonderful structure of the body will take special care to keep it in order if men do not work at cross-purposes with Him.

Health, life, and happiness are the result of obedience to physical laws governing our bodies. If our will and way are in accordance with God’s will and way; if we do the pleasure of our Creator, He will keep the human organism in good condition, and restore the moral, mental, and physical powers, in order that He may work through us to His glory.... If we co-operate with Him in this work, health and happiness, peace and usefulness, are the sure result.

He did not die for us in order that we might become slaves to evil habits, but that we might become the sons and daughters of God, serving Him with every power of the being.

My dear young friends, advance step by step, until all your habits shall be in harmony with the laws of life and health.

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