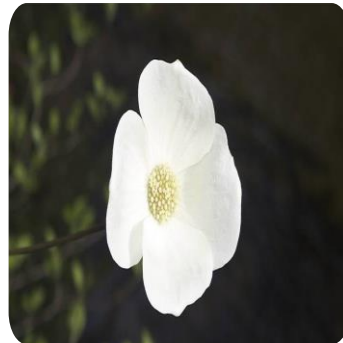
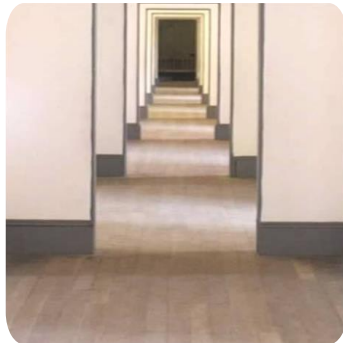
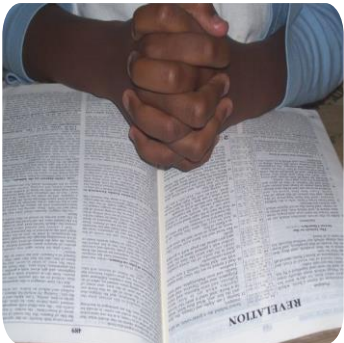




Laws  
of  
Health



Drugs  
Do not  
Cure  
Disease

# MEDICAL MISSIONARY TRAINING

## CERTIFICATE IN GOSPEL MEDICAL MISSIONARY LITERATURE EVANGELIST

Combining the last two lines of end-time Ministry, that provides a Unique Tool for Successful Witnessing

JAMES LUKE & NATALIE NASH



# Certificate in Gospel Medical Missionary Literature Evangelist Training Study Guide

8<sup>th</sup> Edition  
©2017



**NATURAL HEALING**  
**THROUGH THE LAWS OF HEALTH**

*“Knowing that if you have the faith of a mustard seed, your faith can move mountains”*

Cor. Redcliffe & Temple Streets, St. John’s, Antigua and Barbuda, Phone: 1 (268) 720-0418

LP 110 Las Lomas No. 2, Via Cunupia, Trinidad and Tobago, Phone: 1 (868) 724-4898

Email: [nhtlinfo@gmail.com](mailto:nhtlinfo@gmail.com) | Website: [www.nhtlh.com](http://www.nhtlh.com)



## MEET THE AUTHORS



James S. Luke



Natalie S. Nash

**James S. Luke and Natalie S. Nash** - ND Candidates, International Health Educators, Medical Missionaries, Directors, Natural Healing Through the Laws of Health Institute and Perla Del Caribe, James is also a Director of HHES Online, Inc. and a Certified Personal Fitness Chef.

James and Natalie have transformed the lives of thousands through their ministry of health, healing and restoration. Their presentations integrate the teachings of the Bible, Inspiration and good science to deliver a message of healing that is by far the most advanced and balanced in the teaching of health reform.

They developed several initiatives with Church Conferences, Missions, the Corporate Sector, Communities and other Institutions around the world, as well as Medical Missionary and Literature Evangelist Training; educating and training many individuals, including doctors, nurses and dieticians in the Health Education field. They travel from country to country to make this message of healing available to every nation, kindred, tongue and people. Thousands across the world have been empowered to reverse diabetes, lower cholesterol, lower blood pressure, rid their bodies of tumors, lost weight, renewed their spiritual lives, resolved both male and female issues and enjoy more vibrant health through the application of the Eight Laws of Health and Natural Remedies that are the cornerstone of the message.

The principles of healing espoused by this message are simple, straightforward and accessible to all.

With over a decade of experience, James also taught at the College of Health Evangelism where he helped to start the Advancement Department at Wildwood Lifestyle Center and Hospital in Georgia.

James and Natalie are Co-authors of 365 Total Wellness, Breast Cancer – Eliminating the Enemy Within and Tastee Veggie Delight.



**NATURAL HEALING**  
**THROUGH THE LAWS OF HEALTH**

*“Knowing that if you have the faith of a mustard seed, your faith can move mountains”*

Cor. Redcliffe and Temple Streets | St. John’s | Antigua and Barbuda | +1 (268) 720-0418  
LP 110 Las Lomas No. 2 | Via Cunupia | Trinidad and Tobago | +1 (868) 724-4898  
Website: [www.nhtlh.com](http://www.nhtlh.com) Email: [nhtlinfo@gmail.com](mailto:nhtlinfo@gmail.com)



## TABLE OF CONTENTS

### Contents

INTRODUCTION .....	ii
COURSE DESCRIPTIONS.....	iii
THE 10 LAWS OF THE MIND.....	1
PURE AIR .....	5
SUNLIGHT.....	7
TEMPERANCE.....	9
REST.....	11
EXERCISE .....	13
PROPER DIET .....	16
USE OF WATER.....	27
TRUST IN DIVINE POWER.....	29
CLEANLINESS.....	32
PURITY OF LIFE.....	35
THE SPIRITUAL COMPONENT OF HEALTH .....	37
WHY THE MEDICAL MISSIONARY WORK.....	40
THE BIBLE AND HEALTH.....	43
THE TRUTH ABOUT GOD’S HEALING PROGRAM.....	46
DRUG THERAPY: CAUTIONS AND COUNSELS .....	51
MEDICAL MISSIONARY WORK.....	54
BOTANICAL MEDICINE I AND II.....	58
TO SELL OR NOT TO SELL.....	61
PROPHETIC GUIDANCE.....	66
HOW TO STUDY DISEASES.....	81
INTRODUCTION TO MASSAGE.....	84
INTRODUCTION TO HYDROTHERAPY .....	88
REVERSING CHOLESTEROL.....	91
REVERSING HYPERTENSION.....	94
REVERSING DIABETES.....	97
TREATING MENTAL HEALTH.....	100
TREATING DEPRESSION .....	102
DRESS REFORM.....	105
LIFESTYLE ASSESSMENT CASE STUDY.....	114
LIFESTYLE ASSESSMENT FORM.....	127
COOKING SCHOOL.....	150
MINISTRY OF HEALING .....	152
COUNSELS ON DIET AND FOODS .....	171
SERVING GOD’S PURPOSE IN OUR GENERATION.....	192
COLPORTEUR MINISTRY .....	199
HELP IN DAILY LIVING.....	206
PROJECT GUIDELINES.....	227
ANATOMY AND PHYSIOLOGY 101.....	232
GLUTEN, LEAKY GUT, AND GMO FOODS.....	236

MENU PLANNING & FOOD COMBINATIONS MADE EASY ..... 239  
EVALUATION – CAPSTONE PROJECT ..... 242

## INTRODUCTION

Congratulations on the wonderful choice you have made to serve the Lord in this mighty work! In this series you will find precious, precious information that if adhered to will save lives.

In our Certificate program, you will find that some modules will be taught to you in the classroom and from our reading materials then there are some text books which you would need to carefully read to answer the study guides for the relevant assignments in order to complete the program. We encourage you to read the books in its entirety, for they will prove to be of invaluable information that you will need in doing your work. Once you have completed all the study guides you will need to forward them to us for evaluation before you are certified.

Our distance-learning component works great for those who find it difficult to attend our on-site training sessions. “Many who desire to obtain knowledge in medical missionary lines have home duties that sometimes prevent them from meeting with others for study. These may learn much in their own homes in regard to the express will of God concerning these lines of missionary work, thus increasing their ability to help others.” *Counsels on Health, p. 427*

Part of your training will involve practical sessions in consultations, in which you will learn how to meet and help someone find relief from their ailment with the use of natural remedies.

Completion of the program requires you to be disciplined to study and complete the various assignments. Therefore, we encourage you to be diligent and to set goals aimed toward completion within the quickest possible time. We are here to answer any questions you may have and give guidance to you as you may require.

As guided by our Lord, you are encouraged to implement the teachings as you learn, in so doing, the practical experience will enable you to easily understand, remember and be better able to share the information.

May God be with you in your Christian walk as you engage upon this wonderful work and may He richly bless you and your family.

James Luke & Natalie Nash  
Natural Healing Through the Laws of Health



# COURSE DESCRIPTION

## COURSES FOR CERTIFICATE – GMMLE PROGRAM

64 CREDITS

**NHTLH 01                    The 10 Laws of the Mind                    1 credit**

This introductory course demonstrates that the body and the mind are closely connected. It teaches you how to take control of your mind and let it rule your body rather than be servant of impulse.

**NHTLH 02                    Pure Air                    1 credit**

This course presents the importance of breathing pure fresh air and the harmful effect on the body from dwelling in impure air.

**NHTLH 03                    Sunlight                    1 credit**

This course presents the amazing benefits of brilliant sunlight on the human body and how it can prevent many diseases and contribute to great health.

**NHTLH 04                    Abstemiousness                    1 credit**

This course presents the topic of balance in life with the highlight of indulgences which we need to reduce or avoid in our daily habits of eating, drinking or dressing. It also discusses how to keep free from addictions.

**NHTLH 05                    Rest                    1 credit**

This course presents the benefits of daily and weekly rest. How to get the most from your sleep and what it can do in healing the body and preventing disease.

**NHTLH 06                    Exercise                    1 credit**

This course presents the importance of daily exercise and the benefits of walking as the best exercise for diseased bodies.

**NHTLH 07                    Proper Diet                    1 credit**

Proper nutrition plays a major role in keeping healthy. This course gives an in depth understanding of the importance of various vitamins and minerals required for the body and the plant-based food sources available.

**NHTLH 08                    Use of Water                    1 credit**

This course teaches that Heaven’s choicest blessing, water, is important in cleansing the tissues and maintaining healthy skin.

**NHTLH 09                    Trust in Divine Power                    1 credit**

This course teaches that healing comes from a Divine source and it is important that we cooperate with Him in simple childlike trust and faith.



contribution to health reform at a time when the world needed answers for a better way to treating diseases.

**NHTLH 21                      How to Study Diseases                      1 credit**

This course provides students with the tools required to research and study diseases and understand what treatments are applicable.

**NHTLH 22                      Introduction to Massage                      1 credit**

Christ's touch imparted life-giving power. In this course you would learn how to do a simple chair massage to bring about relief to aching muscles.

**NHTLH 23                      Introduction of Hydrotherapy                      1 credit**

Water used both internally and externally can be both refreshing and healing. Understanding its use is important in treating disease. This course gives an introduction to some simple but effective remedies which can bring about great relief.

**NHTLH 24                      Reversing Cholesterol                      2 credits**

It is true that all lifestyle diseases are one hundred percent reversible. In this course you would clearly understand how blood cholesterol levels are elevated and what you can do to reverse this condition and totally unclog your arteries and prevent heart disease.

**NHTLH 25                      Reversing Hypertension                      2 credits**

This course tells of the subtle warning signs of hypertension to help identify and how to treat to reverse this condition.

**NHTLH 26                      Reversing Diabetes                      2 credits**

This course gives information and understanding of the true cause of Diabetes and simple but profound steps to reversing it in less than five days.

**NHTLH 27                      Treating Mental Health                      2 credits**

Ninety percent of diseases begin in the mind. This course focuses on how to protect the frontal lobe and keep it free from suppression to maintain a strong and healthy mind.

**NHTLH 28                      Treating Depression                      2 credits**

This course teaches how to strengthen the brain and shares natural remedies for treating depression.

**NHTLH 29                      Dress Reform                      3 credits**

Healthful dressing yields healthy bodies more than we think. This course will show the effects of cold on the body and why women are more susceptible to diseases because of how they dress. You would also learn of appropriate guidelines of healthful dress for the entire family.

**NHTLH 30                      Lifestyle Assessment Form                      3 credits**

The Plan, the ultimate in disease reversal is our keynote to experiencing greater health. This course teaches you to chart the way for making personal changes to your diet and lifestyle to achieve restoration of health.



**NHTLH 40                      Menu Planning and Food Combinations Made Easy                      1 credit**

An in-depth guide to understanding menu planning and combination of foods in a healthy wholesome way.

**NHTLH 41                      Evaluation – A Capstone Project**

An evidence based approach to demonstrating through consultations and presentations the student's understanding of the course and his ability to carry on the work.

## THE 10 LAWS OF THE MIND

### NHTLH 01

1 credit

It is the duty of every person, for his own sake and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. (Ministry of Healing (MH) p. 128 (1905 / Vol. 1 Mind Character and Personality (MCP) p. 3.2)

All...should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed. (MH p. 128)

### LAW OF THE MIND (1)

**It is a law of the mind that it will \_\_\_\_\_ or \_\_\_\_\_ to the dimension of the thing with which it becomes \_\_\_\_\_.** (1MCP p. 241)

The \_\_\_\_\_ powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and persistently to the task of searching for truth.-- (2MCP 417.5)

If occupied with \_\_\_\_\_ matters only, it will become dwarfed and \_\_\_\_\_. If never required to grapple with difficult problems, it will after a time almost lose the power of growth.

In the Word of God the mind finds subject for the \_\_\_\_\_ thought, the \_\_\_\_\_ aspiration.

In the reverent contemplation of the truths presented in His Word, the mind of the student is brought into communion with the \_\_\_\_\_ mind. Such a study will not only refine and ennoble the character, but it cannot fail to \_\_\_\_\_ and invigorate the mental powers.— Patriarchs *and Prophets*, 596-599 (1890).

### LAW OF THE MIND (2)

**God designs that man shall not decide from impulse but from weight of evidence.** (2MCP p. 417.3)

It is not the plan of God to \_\_\_\_\_ men to yield their wicked unbelief. Before them are light and darkness, truth and error. It is for them to decide which to accept. The human mind is endowed with power to \_\_\_\_\_ between right and wrong. (1BC 1120.5)

**LAW OF THE MIND (3)**

**It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. (1MCP p. 242)**

While words express \_\_\_\_\_, 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 mercy and love of God—we should have more \_\_\_\_\_ and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God...

...Even on earth we may have joy as a \_\_\_\_\_, never failing, because fed by the streams that flow from the throne of God.—MH p. 251-253

**LAW OF THE MIND (4)**

**It is an important law of the mind that when a desired object is so firmly denied as to remove all hope, the mind will soon cease to long for it and will be occupied in other pursuits. But as long as there is any hope of gaining the desired object, an effort will be made to obtain it. (2MCP p. 119.1)**

Great harm is done by a lack of \_\_\_\_\_ and \_\_\_\_\_. I have known parents to say, You cannot have this or that, and then relent, thinking that they may be too strict, and give the child the very thing they at first refused. A \_\_\_\_\_ injury is thus inflicted.

**LAW OF THE MIND (5)**

**The consciousness of right-doing is the best medicine for diseased bodies and minds. (1T p. 502)**

*Isaiah 58:8 ...and thine health shall spring forth speedily....*

The special blessing of God resting upon the receiver is \_\_\_\_\_ and \_\_\_\_\_. A person whose mind is quiet and satisfied in God is in the pathway to health. (Christian Temperance and Bible Hygiene, pp. 160-162)

To have the \_\_\_\_\_ that the eye of the Lord is upon us and that His ear is open to our prayers is a satisfaction indeed. To know that we have a never-failing friend to whom we can \_\_\_\_\_ all the secrets of the soul is a happiness which words can never express.-- (CH p. 628.)

**LAW OF THE MIND (6)****Idleness weakens brain power. (2MCP p. 383.1)**

The reason the youth have so little strength of \_\_\_\_\_ and \_\_\_\_\_ is because they do so little in the line of useful labor. "Behold, this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of \_\_\_\_\_ was in her and in her daughters, neither did she strengthen the hand of the poor and needy. And they were haughty, and committed abomination before Me: therefore I took them away as I saw good" (Ezekiel 16:49, 50).--4T p. 96 (1876)

**LAW OF THE MIND (7)****Irregular hours for eating and sleeping sap the brain forces. (2MCP p. 388.1)**

The \_\_\_\_\_ powers will surely become contracted and will lose their ability to grasp the deep meanings of the Word of God unless they are put vigorously and \_\_\_\_\_ to the task of searching for truth.-- (2MCP 417.5)

**LAW OF THE MIND (8)****Let the will be kept awake and rightly directed, and it will impart energy to the whole being and will be a wonderful aid in the maintenance of health. (MH p. 246.1)**

The power of the will is not valued as it should be... It is a power also in dealing with disease. Exercised in the right direction, it would control the imagination and be a potent means of resisting and \_\_\_\_\_ disease of both mind and body. By the exercise of the will power in placing themselves in right relation to life, patients can do much to co-operate with the physician's efforts for their recovery. There are \_\_\_\_\_ who can recover health if they will. (MH p. 246.1)

**LAW OF THE MIND (9)**

Disciplined Minds Have Increased Powers of Retention.--Habits of \_\_\_\_\_ should be resolutely overcome. Many think it a sufficient excuse for the grossest errors to plead forgetfulness. But do they not, as well as others, possess intellectual faculties? Then they should \_\_\_\_\_ their minds to be \_\_\_\_\_. It is a \_\_\_\_\_ to forget, a sin to be negligent. If you form a habit of negligence, you may neglect your own soul's salvation and at last find that you are unready for the kingdom of God.--(2MCP p.417.4)

**They should discipline their minds to be retentive. (1MCP p. 241)**



### LAW OF THE MIND (10)

**Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat. (MH p. 128.3)**

Pure \_\_\_\_\_ reading will be to the mind what healthful food is to the body. You will thus become stronger to resist temptation, to form right habits, and to act upon right \_\_\_\_\_.—The *Review and Herald*, December 26, 1882. (*Sons and Daughters of God*, 178.)

Guard the Avenues of the Soul.—We have a work to do to resist \_\_\_\_\_. Those who would not fall a prey to Satan's \_\_\_\_\_ must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts.

The mind should not be left to \_\_\_\_\_ at random upon every subject that the adversary of souls may suggest. (1MCP p. 113)

"They which run in a race run all, but one receiveth the prize." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by \_\_\_\_\_ to right principles. The \_\_\_\_\_ of these principles in the details of life is too often looked upon as unimportant --a matter too trivial to demand attention.

But in view of the issues at stake, nothing with which we have to do is small. Every act casts its \_\_\_\_\_ into the scale that determines life's victory or defeat. The scripture bids us, "So run, that ye may obtain." Verse 24. (MH p. 129.1)

### SUMMARY

"As the flower turns to the sun, that the bright beams may aid in perfecting its beauty and symmetry, so should we turn to the Sun of Righteousness, that Heaven's light may shine upon us, that our \_\_\_\_\_ may be developed in to the likeness of Christ." (*Steps to Christ*, p. 68)

For further guidance, read the Chapter on Mind Cure in the book *Ministry of Healing*.

## PURE AIR

**NHTLH 02**

**1 credit**

1. Air is most essential to \_\_\_\_\_ life.
2. The \_\_\_\_\_ of the system is in a great degree dependent on the amount of pure fresh air \_\_\_\_\_. This is necessary for \_\_\_\_\_ alertness that we do have proper \_\_\_\_\_ air. HL p. 171
3. Those who do not do so are sometimes \_\_\_\_\_, \_\_\_\_\_, all the windows are closed in their homes.
4. This may result in chronic \_\_\_\_\_ conditions or \_\_\_\_\_ issues, lack of good \_\_\_\_\_, other \_\_\_\_\_, or difficulty staying \_\_\_\_\_.
5. Crack the windows at least \_\_\_\_\_ inch so fresh air comes in.
6. Many houses have no special provision for proper \_\_\_\_\_, and to secure it is difficult, but every possible effort should be made to arrange the sickroom so that a current of \_\_\_\_\_ can pass through it \_\_\_\_\_ and day. PATH p.69
7. We are constantly giving out \_\_\_\_\_ dioxide.
8. Our cells need \_\_\_\_\_, \_\_\_\_\_, proper \_\_\_\_\_, through cleansing for proper \_\_\_\_\_.
9. \_\_\_\_\_ is the one chemical essential for the cells to create \_\_\_\_\_.
10. Every minute \_\_\_\_\_quarts of blood passes through our lungs to get \_\_\_\_\_ and to release carbon dioxide.
11. High levels of \_\_\_\_\_ and \_\_\_\_\_ can increase strokes of those who live in \_\_\_\_\_, crowded cities.
12. Harvard Medical School study showed elevated concentrations of fine air pollution can trigger a \_\_\_\_\_.
13. High levels of \_\_\_\_\_ pollution can increase the risk of adult onset \_\_\_\_\_.

14. The smoke and dust of the cities are very \_\_\_\_\_ 7T p. 82
15. Our homes can have air that yields sick conditions: Name twelve triggers for impure air.
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
  - h. \_\_\_\_\_
  - i. \_\_\_\_\_
  - j. \_\_\_\_\_
  - k. \_\_\_\_\_
  - l. \_\_\_\_\_
16. Where do we find optimum quality of air? \_\_\_\_\_  
\_\_\_\_\_
17. Purify your home with \_\_\_\_\_.
18. Best time to go outside to get the best air is after a \_\_\_\_\_.
19. Exercise in the open \_\_\_\_\_ should be prescribed as a life-giving necessity. Med Min p. 233

TURN TO LIFESTYLE ASSESSMENT FORM on page 132 for more questions on Pure Air

## SUNLIGHT

**NHTLH 03**

**1 credit**

1. The \_\_\_\_\_ is thine, the \_\_\_\_\_ is thine; thou hast prepared the light and the \_\_\_\_\_.  
Ps 74:16
2. Truly the light is sweet, and a \_\_\_\_\_ thing it is for the eyes to behold the \_\_\_\_\_. Eccl 11:7
3. Is Vitamin D really a Vitamin? If not, what is it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Vitamin D is a steroid hormone that \_\_\_\_\_ the Vitamin D receptors that is in the nucleus of cells that regulate what we know now to be at least \_\_\_\_\_ human genes in a wide variety of tissues all of which helps to maintain normal body \_\_\_\_\_.
5. What are some symptoms of Vitamin D deficiency? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Does the skin produce more Vitamin D or less as you get older? \_\_\_\_\_
7. What are the different supplements of Vitamin D? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. What is the kind of test that you need to get to check your Vitamin D level? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. What are the effects of Vitamin D in the body? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. What is a good value of Vitamin D level? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 11. What happens when you are Vitamin D deficient? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 12. Is it possible to get too much Vitamin D from the sun only? \_\_\_\_\_
- 13. Can you have a toxic level of Vitamin D, what is the number? \_\_\_\_\_  
\_\_\_\_\_
- 14. Mention a few diseases that are caused by Vitamin D deficiency. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 15. How much time does a person need for daily sun exposure to get an appropriate amount of Vitamin D? \_\_\_\_\_  
\_\_\_\_\_
- 16. Where was the human designed to live? \_\_\_\_\_  
\_\_\_\_\_
- 17. What is the daily dose you need to take to increase your Vitamin D? Mention for vitamin D2 and D3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 18. What is one of the most healing agents from Nature? \_\_\_\_\_
- 19. People who are sick should only be exposed to the sunlight and fresh air moderately.  
True or False
- 20. What should we do in order to abound in health and cheerfulness? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TURN TO LIFESTYLE ASSESSMENT FORM on page 133 for more questions on Sunlight

## TEMPERANCE

**NHTLH 04**

**1 credit**

1. And every man that \_\_\_\_\_ for the mastery is \_\_\_\_\_ in all things...cast away. Now they do it to obtain a \_\_\_\_\_ crown; but we an \_\_\_\_\_. 1 Cor 9:25
2. True \_\_\_\_\_ teaches us to dispense entirely with everything \_\_\_\_\_ and to use judiciously that which is \_\_\_\_\_.
3. There are few who realize as they should how much their habits of diet have to do with their \_\_\_\_\_, their \_\_\_\_\_, their \_\_\_\_\_ in this world, and their \_\_\_\_\_ destiny. The appetite should ever be in \_\_\_\_\_ to the moral and intellectual powers. The body should be \_\_\_\_\_ to the mind, and not the mind to the body. PP p. 562
4. Whether therefore ye \_\_\_\_\_, or \_\_\_\_\_, or whatsoever ye do, do all to the glory of \_\_\_\_\_. 1 Cor 10:31
5. When thou sittest to eat with a ruler, consider \_\_\_\_\_ what is before thee: And put a knife to thy throat, if thou be a man given to \_\_\_\_\_. Proverbs 23:1-2

It is possible to eat immoderately even with wholesome food.

6. All the labour of man is for his \_\_\_\_\_, and yet the appetite is not filled. Eccl 6:7
7. What are the effects of overeating? \_\_\_\_\_
8. In the last days what temptation will we face if we are not careful? \_\_\_\_\_
9. Use of caffeine increases the risk of \_\_\_\_\_ of the \_\_\_\_\_ and \_\_\_\_\_ in women. For men disease of the \_\_\_\_\_, or peptic ulcers and \_\_\_\_\_.
10. Jogging can cause an \_\_\_\_\_ heart; but \_\_\_\_\_ is the best exercise for the diseased.
11. And he said unto them, Come ye yourselves \_\_\_\_\_ into a desert place, and \_\_\_\_\_ a while: for there were many coming and going, and they had no \_\_\_\_\_ so much as to eat. Mark 6:31

12. It is an easy matter to \_\_\_\_\_ the health but it is difficult to \_\_\_\_\_ the health. We cannot afford to dwarf or cripple a \_\_\_\_\_ function of the mind or body by \_\_\_\_\_ or \_\_\_\_\_ of any part of the living machinery. My Life Today p. 142
13. We should practice temperance in our \_\_\_\_\_. It is not our duty to place ourselves where we may be \_\_\_\_\_.
14. Some may at times be placed where this is necessary, but it should be the \_\_\_\_\_ and not the \_\_\_\_\_. We are to practice \_\_\_\_\_ in all things. Temp p. 139
15. And further, by these, my son, be admonished: of making many \_\_\_\_\_ there is no end; and much study is a \_\_\_\_\_ of the \_\_\_\_\_. Eccl 12:12
16. Intemperance in study is a species of \_\_\_\_\_, and those who indulge in it, like the drunkard, wander from safe paths and stumble and fall in the darkness. The Lord would have every \_\_\_\_\_ bear in mind that the eye must be kept \_\_\_\_\_ to the glory of God.
17. He is not to exhaust and waste his \_\_\_\_\_ and \_\_\_\_\_ powers in seeking to acquire all possible knowledge of the sciences, but is to preserve the freshness and vigor of all his powers to \_\_\_\_\_ in the work which the Lord has appointed him in helping souls to find the path of \_\_\_\_\_. Med Min p. 81
18. Wearing of clothing that cause your body to become \_\_\_\_\_ you are suppressing your \_\_\_\_\_ system. When the limbs become chill, \_\_\_\_\_ and \_\_\_\_\_ can be a result. Immodesty in dress can cause chills which can result in \_\_\_\_\_ diseases.
19. But watch thou in \_\_\_\_\_ things, endure \_\_\_\_\_, do the work of an \_\_\_\_\_, make \_\_\_\_\_ proof of thy ministry. For I am now ready to be offered, and the time of my departure is at hand. I have \_\_\_\_\_ a good fight, I have finished my course, I have kept the \_\_\_\_\_: 2 Tim 4:5-7

TURN TO LIFESTYLE ASSESSMENT FORM on page 134 for more questions on Temperance

## REST

### NHTLH 05

**1 credit**

1. And on the seventh day God ended his work which he had made; and he \_\_\_\_\_ on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had \_\_\_\_\_ from all his work which God created and made. Gen 2:2-3
2. It is in \_\_\_\_\_ in God that we find \_\_\_\_\_ rest.
3. My \_\_\_\_\_ will go with thee and I will give thee \_\_\_\_\_. Exodus 33:14
4. It is \_\_\_\_\_ rest that God wants us to have.
5. And the LORD gave unto Israel all the land which he sware to give unto their fathers; and they \_\_\_\_\_ it, and dwelt therein. And the LORD gave them \_\_\_\_\_ round about, according to all that he sware unto their fathers: and there stood not a man of all their enemies before them; the LORD delivered all their enemies into their hand. Joshua 21:43,44
6. Is it not to deal thy bread to the \_\_\_\_\_, and that thou bring the poor that are cast out to thy house? When thou seest the \_\_\_\_\_, 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 \_\_\_\_\_ shall spring forth \_\_\_\_\_: and thy \_\_\_\_\_ shall go before thee; the glory of the LORD shall be thy reward. Is 58:7,8
7. For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works. And in this place again, If they shall enter into my \_\_\_\_\_. Seeing therefore it remaineth that some must enter therein, and they to whom it was first preached entered not in because of unbelief: Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, Today if ye will hear his voice, harden not your hearts. For if Jesus had given them \_\_\_\_\_, then would he not afterward have spoken of another day. There remaineth therefore a \_\_\_\_\_ to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that \_\_\_\_\_, lest any man fall after the same example of unbelief. Heb 4:4-11
8. Come unto me all who are heavy laden and I will give you \_\_\_\_\_. - the invitation



9. There is a daily choice that we have to make. The invitation comes \_\_\_\_\_.
10. Spiritual rest enables us to make \_\_\_\_\_
11. Physical effects from lack of proper rest:
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
12. Shift workers: Melatonin hormone is release between the hours of \_\_\_\_\_ when the body is at rest.
13. Melatonin is the body's natural anti-oxidant and a \_\_\_\_\_. Studies in Denmark and US show that for females it increases breast cancer by \_\_\_\_\_ and colon cancer by \_\_\_\_\_ cancer and for men prostate cancer by \_\_\_\_\_ and colon cancer by \_\_\_\_\_.
14. More \_\_\_\_\_ is released at night. When we are awake this should be higher in the morning and lower at night. It is like Epinephrine hormone for \_\_\_\_\_ or \_\_\_\_\_.
15. Too much cortisol causes \_\_\_\_\_ in the body, \_\_\_\_\_ clogging of the arteries.
16. Cortisol affects \_\_\_\_\_ activity so diabetes sets in. There is a 55-60% chance to become diabetic. Heart rate elevates so blood pressure is elevated.
17. Avoid TV and computer - turn off \_\_\_\_\_ hour before bedtime.
18. The bright lights from TV and computer \_\_\_\_\_ the brain.
19. What illness can be triggerred from flickering of light? \_\_\_\_\_.
20. All these increase your chances of early \_\_\_\_\_.

TURN TO LIFESTYLE ASSESSMENT FORM on page 137 for more questions on Rest

## EXERCISE

**NHTLH 06**

**1 credit**

1. And the Lord God took the \_\_\_\_\_, and put him into the garden of Eden to \_\_\_\_\_ it and to \_\_\_\_\_ it. Genesis 2:15
  
2. Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us \_\_\_\_\_ with patience the \_\_\_\_\_ that is set before us, Looking unto \_\_\_\_\_ the author and finisher of our faith; who for the joy that was set before him \_\_\_\_\_ the cross, despising the same, and is set down at the right had of the throne of God. Hebrews 12:1,2
  
3. But they that wait upon the Lord shall renew their strength; they shall \_\_\_\_\_ up with wings as eagles; they shall run, and not be \_\_\_\_\_; and they shall \_\_\_\_\_, and not faint. Isaiah 40:31
  
4. State three effects on the body during exercise?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  
5. Name three effects on the body that is triggered by exercise?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  
6. Exercise can help you to:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  
7. Weight lifting and aerobic exercises utilizes the fast and slow twitch muscles that does what?
 

---

- 8. How do you know that you are exercising at your target heart-rate zone?  
\_\_\_\_\_
- 9. During moderate exercise, \_\_\_\_\_ is used as energy, but during intense exercise, \_\_\_\_\_ (glucose) becomes the fuel of choice.
- 10. When is the best time to exercise?  
\_\_\_\_\_
- 11. What is the best form of exercise and why?  
\_\_\_\_\_
- 12. What are the benefits of exercise for heart disease?
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
  - 4. \_\_\_\_\_
- 13. What types of cancer is reduced in men due to regular exercise?  
\_\_\_\_\_
- 14. What types of cancer is reduced in women due to regular exercise?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 15. \_\_\_\_\_ of brisk walking each day will reduce weight.
- 16. Exercise has an \_\_\_\_\_ and \_\_\_\_\_ effect on blood sugar among diabetics.
- 17. Regular exercise increases feelings of \_\_\_\_\_, reduces \_\_\_\_\_ (anxiety and tension), offers long-term \_\_\_\_\_, eases \_\_\_\_\_, while reducing \_\_\_\_\_, \_\_\_\_\_ and certain \_\_\_\_\_ hormones.
- 18. How does exercise enhance your mental performance?  
\_\_\_\_\_  
\_\_\_\_\_

19. What is the most effective way to build bone density?

---

---

---

20. Can exercise help with aches and pains?

---

TURN TO LIFESTYLE ASSESSMENT FORM page 139 for more questions on Exercise

## PROPER DIET

**NHTLH 07****1 credit**

1. One way to know that you have a healthy diet is to be able to see a \_\_\_\_\_ of colors on your plate.
2. CD p. 110 art. 179 It would be much better to eat only \_\_\_\_\_ or \_\_\_\_\_ different \_\_\_\_\_ of food at a meal than to load the stomach with many \_\_\_\_\_. For example, including lots of various Legumes. They are treated as \_\_\_\_\_ kind. Use simple foods of the \_\_\_\_\_ kind.
3. Proper \_\_\_\_\_ supplies the nutrients that the \_\_\_\_\_ need.
4. What are the three major constituents in foods:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
5. What is the number one source of protein on the face of the earth? \_\_\_\_\_
6. Carbohydrates supplies the \_\_\_\_\_ that the cells need.
7. White spots on nails indicates a deficiency in: \_\_\_\_\_, as well as \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
8. Good sources of zinc are: \_\_\_\_\_ and \_\_\_\_\_.
9. Use natural, \_\_\_\_\_ bread.
10. Brown rice has \_\_\_\_\_ that prevents the absorption of \_\_\_\_\_ and other \_\_\_\_\_.
11. Grains should be cooked for at least \_\_\_\_\_ hours.
12. Phytic acid in beans and other items helps fight \_\_\_\_\_.

- 13. Fruits are another source of carbohydrates that contain \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ that are essential for fighting cancer.
- 14. A good source of fats are \_\_\_\_\_. You measure the daily intake by a \_\_\_\_\_ handful.
- 15. Fats are best used at the end of the meal to \_\_\_\_\_ the appetite.
- 16. Example of fat to end a meal is \_\_\_\_\_ or a slice of bread with \_\_\_\_\_ on it.
- 17. One orange is equivalent to a \_\_\_\_\_mg Vitamin C supplement.

**Vitamins and Minerals**

18. Give four characteristics of Fat-soluble vitamins.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

19. **Vitamin A**  
Function: \_\_\_\_\_  
\_\_\_\_\_  
Food Sources: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

20. **Vitamin D**  
Function: \_\_\_\_\_  
\_\_\_\_\_  
Sources: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

21. **Vitamin E**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

22. **Vitamin K**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

23. **Give four characteristics of Water-soluble vitamins.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

24. **Thiamin or Vitamin B1**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

25. **Riboflavin or Vitamin B2**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_

26. **Niacin or Vitamin B3**

Function: \_\_\_\_\_  
\_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

27. **Pantothenic Acid**

Function: \_\_\_\_\_  
\_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

28. **Biotin**

Function: \_\_\_\_\_  
\_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

29. **Vitamin B6**

Function: \_\_\_\_\_  
\_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_



Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

30. **Folate**

Function: \_\_\_\_\_  
\_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

31. **Vitamin B<sub>12</sub>**

Function: \_\_\_\_\_  
\_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

32. **Vitamin C**

Function: \_\_\_\_\_  
\_\_\_\_\_

Food Sources: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

33. **Phytochemicals**

Benefits: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

---

---

34. **Flavonoids**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

---

---

35. **Isoflavones**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

---

---

**Major Minerals**

36. **Sodium**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

---

---

37. **Potassium**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

---

---

38. **Chloride**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

39. **Calcium**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

40. **Phosphorus**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

41. **Magnesium**

Function: \_\_\_\_\_

Food Sources: \_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

**Trace Minerals**

42. **What are Trace Minerals?**

---

---

---

---

43. **Iron**

Function: \_\_\_\_\_

---

---

---

---

Food Sources: \_\_\_\_\_

---

---

---

---

Deficiency Symptoms: \_\_\_\_\_

---

---

---

---

44. **Zinc**

Function: \_\_\_\_\_

---

---

---

---

Food Sources: \_\_\_\_\_

---

---

---

---

Deficiency Symptoms: \_\_\_\_\_

---

---

---

---

45. **Selenium**

Function: \_\_\_\_\_

---

---

---

---

Food Sources: \_\_\_\_\_

---

---

---

---

Deficiency Symptoms: \_\_\_\_\_

46. **Iodine**

Function: \_\_\_\_\_

\_\_\_\_\_

Food Sources: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

47. **Copper**

Function: \_\_\_\_\_

\_\_\_\_\_

Food Sources: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

48. **Manganese**

Function: \_\_\_\_\_

\_\_\_\_\_

Food Sources: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

49. **Fluorine**

Function: \_\_\_\_\_

\_\_\_\_\_

Food Sources: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

50. **Chromium**

Function: \_\_\_\_\_

\_\_\_\_\_

Food Sources: \_\_\_\_\_

\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

51. **Germanium**

Function: \_\_\_\_\_

\_\_\_\_\_

Food Sources: \_\_\_\_\_

\_\_\_\_\_

Deficiency Symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

52. Draw and complete the matching plates below with the recommended serving sizes.

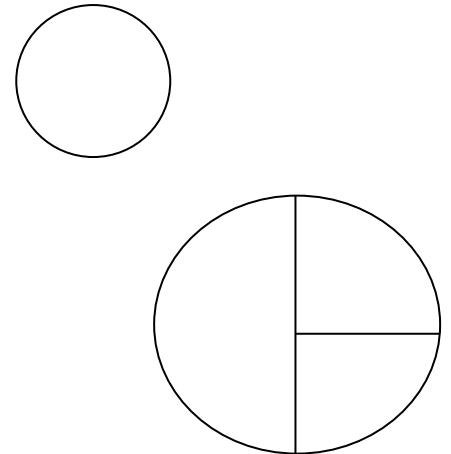
TURN TO LIFESTYLE ASSESSMENT FORM page 140 for more questions on Proper Diet

**Sample Meal 1**

- I. Fruit: 3-5 servings**
- II. Whole Grain Cereal sweetened w/Fruit 1 cup servings**
  - 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.
  - ¼ cup of pumpkin seeds can be eaten with the breakfast cereal.
- III. 1-2 slice of whole grain bread with olive oil or natural almond butter.**  
Other natural healthy spreads/butter is acceptable as well. (i.e. Tahini, Cashew)

**Sample Meal 2**

<b>I. Raw Salad Fruit or Vegetable</b> – eat raw item first	Side bowl
<b>II. Steamed Fruit or Vegetable</b>	½ of the plate
<b>III. Grains</b> Grains consist of starches (i.e. brown rice, baked potatoes, whole wheat pasta.)	¼ of the plate
<b>IV. Legumes, Nut or Bean Loaf</b> (veggie burgers, beans, tofu)	¼ of the plate
<b>V. Fats:</b> end the meal with a slice or two of bread with olive oil or nut butter, or handful of nuts	



## USE OF WATER

**NHTLH 08**

**1 credit**

1. In \_\_\_\_\_ and in \_\_\_\_\_, pure water provides one of heaven's \_\_\_\_\_. Its proper use promotes \_\_\_\_\_. It is the \_\_\_\_\_ which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the \_\_\_\_\_ of the \_\_\_\_\_ and assists nature to resist \_\_\_\_\_. PATH 75
2. You can go up to \_\_\_\_\_ without food. But a \_\_\_\_\_ days without water.
3. Every \_\_\_\_\_ in the body needs water.
4. Water makes up a total of \_\_\_\_\_ of our total body weight.
5. Functions of water in the body:
  - a. Essential for \_\_\_\_\_ of the blood - 90% water in the plasma.
  - b. Keeps body \_\_\_\_\_ within a normal range.
  - c. The \_\_\_\_\_ of the water on the surface of skin helps bring the temperature down.
  - d. Produces fluid that constantly \_\_\_\_\_ the eyes.
  - e. Needed to \_\_\_\_\_ and \_\_\_\_\_ the bones and joints.
  - f. Necessary for the production of \_\_\_\_\_ and \_\_\_\_\_ juices.
  - g. Relieves mental and physical \_\_\_\_\_.
6. The brain is approximately \_\_\_\_\_ water.
7. Drinking one glass of water, every \_\_\_\_\_ minutes for one hour will relieve many \_\_\_\_\_.
8. Water helps to flush the kidneys and elevate some \_\_\_\_\_.
9. Water helps with \_\_\_\_\_.
10. Water reduces the risk of \_\_\_\_\_ of the colon, bladder and urinary track
11. Approximately ten glasses of water are eliminated daily through the \_\_\_\_\_ (5.5), \_\_\_\_\_, (2), \_\_\_\_\_, (2), \_\_\_\_\_ (.5)



12. Three ways in which you get water daily are:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

13. List conditions that will cause you to loose water:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_
- i. \_\_\_\_\_
- j. \_\_\_\_\_
- k. \_\_\_\_\_

14. The human body requires \_\_\_\_\_ more water than the body thirst signals indicate.

15. How to get your daily intake of water?

- a. First thing in the morning, drink at least \_\_\_\_\_ glasses of warm water.
- b. \_\_\_\_\_ another two glasses.
- c. \_\_\_\_\_ two or three glasses.

16. Studies have shown that drinking more water saves at least \_\_\_\_\_ calories a day

17. How long after a meal should you drink water? \_\_\_\_\_

18. How long before a meal should you drink water? \_\_\_\_\_

19. The external application of water is one of the easiest and most satisfactory ways of regulating the \_\_\_\_\_ of the blood.

20. If you drink enough water, your urine should be \_\_\_\_\_.

TURN TO LIFESTYLE ASSESSMENT FORM page 143 for more questions on Use of Water

## TRUST IN DIVINE POWER

**NHTLH 09**

**1 credit**

**1. Psalm 139:14, 15-18**

I will praise thee; for I am \_\_\_\_\_ and \_\_\_\_\_ made: \_\_\_\_\_ are thy works; and that my soul \_\_\_\_\_ right well. My \_\_\_\_\_ was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.

2. Thine eyes did see my substance, yet being \_\_\_\_\_; and in thy book all my members were written, which in \_\_\_\_\_ were fashioned, when as yet there was none of them. How \_\_\_\_\_ also are thy \_\_\_\_\_ unto me, O God! how great is the sum of them! If I should count them, they are more in \_\_\_\_\_ than the sand: when I \_\_\_\_\_, I am still with thee.

**3. Matthew 10:29-33**

We deny God by our actions not so much by words.

Are not two \_\_\_\_\_ sold for a farthing? and one of them shall not \_\_\_\_\_ on the ground without your Father. But the very \_\_\_\_\_ of your head are \_\_\_\_\_ numbered. Fear ye not therefore, ye are of \_\_\_\_\_ than many sparrows. Whosoever therefore shall \_\_\_\_\_ me before men, him will I confess also before my \_\_\_\_\_ which is in heaven. But whosoever shall \_\_\_\_\_ me before men, him will I also \_\_\_\_\_ before my Father which is in heaven.

**4. How to test our faith? Psalm 37:23-29**

The steps of a \_\_\_\_\_ man are ordered by the LORD: and he \_\_\_\_\_ in his way. Though he fall, he shall not be utterly cast down: for the LORD \_\_\_\_\_ him with his hand. I have been young, and now am old; yet have I not seen the righteous \_\_\_\_\_, nor his seed \_\_\_\_\_ bread.

5. He is ever \_\_\_\_\_, and lendeth; and his seed is \_\_\_\_\_. \_\_\_\_\_ from evil, and do \_\_\_\_\_; and dwell for evermore. For the LORD loveth \_\_\_\_\_, and forsaketh not his saints; they are preserved for ever: but the seed of the wicked shall be \_\_\_\_\_ off. The righteous shall \_\_\_\_\_ the land, and \_\_\_\_\_ therein forever.

6. **Isaiah 8:20**

To the law and to the \_\_\_\_\_: if they speak not according to this word, it is because there is no \_\_\_\_\_ in them.

7. PATH p. 95 - In order to know what are the best foods, we must study God's \_\_\_\_\_ plan for man's diet. He who \_\_\_\_\_ man and who \_\_\_\_\_ his needs appointed Adam his food.

8. **Genesis 1:29**

And God said, Behold, I have given you every \_\_\_\_\_ bearing seed, which is upon the face of all the earth, and every tree, in the which is the \_\_\_\_\_ of a tree yielding seed; to you it shall be for \_\_\_\_\_.

9. **Genesis 3:18**

Thorns also and \_\_\_\_\_ shall it bring forth to thee; and thou shalt \_\_\_\_\_ the herb of the field;

10. Grains, fruits, nuts and \_\_\_\_\_ constitute the diet \_\_\_\_\_ for us by our \_\_\_\_\_. These foods, prepared in as \_\_\_\_\_ and \_\_\_\_\_ a manner as possible, are the most \_\_\_\_\_ and \_\_\_\_\_.
11. They impart a \_\_\_\_\_, a power of endurance, and vigor of intellect that are not afforded by a more complex and \_\_\_\_\_ diet.

12. **Daniel 1:8, 15, 16, 20**

Like Daniel we too should learn to trust God.

But Daniel \_\_\_\_\_ in his heart that he would \_\_\_\_\_ himself with the portion of the king's \_\_\_\_\_, nor with the \_\_\_\_\_ which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. And at the end of ten days their \_\_\_\_\_ appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them \_\_\_\_\_. And in all matters of \_\_\_\_\_ and \_\_\_\_\_, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

13. Why when it comes to healing we have so many Fads (raw-foods diet etc.) out there? What does inspiration say about this?
14. PATH p. 97 Grains used for porridge or mush should have \_\_\_\_\_ hours' cooking.

15. PATH p. 98 Scanty, \_\_\_\_\_ food depraves the blood by weakening the blood-making organs. It deranges the system and brings on disease, with its accompaniment of \_\_\_\_\_ nerves and bad \_\_\_\_\_.
16. Cooked Carrots gives \_\_\_\_\_. Cooked tomatoes give more \_\_\_\_\_
17. Cooked Corn is \_\_\_\_\_.
18. PATH p. 98 says Cooking is no mean science, it is one of the most \_\_\_\_\_ in practical life. It is a science that all women should learn, and it should be taught in a way to benefit the \_\_\_\_\_ classes.
19. Water - In health and in sickness, pure water is one of heaven's \_\_\_\_\_ blessings. It helps to purify and \_\_\_\_\_ inside and \_\_\_\_\_.
20. Temperance - \_\_\_\_\_ meals is better than \_\_\_\_\_ small meals.

TURN TO LIFESTYLE ASSESSMENT FORM page 145 for more questions on Trust in Divine Power

## CLEANLINESS

**NHTLH 10**

**1 credit**

1. In regard to cleanliness, God requires no less of his people now than he did of ancient Israel. **A neglect of cleanliness will induce \_\_\_\_\_.**—*How to Live, p. 61.*
2. There are many ways of practicing the healing art, but there is only \_\_\_\_\_ way that Heaven \_\_\_\_\_.
3. 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 \_\_\_\_\_; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little \_\_\_\_\_; but drugs are expensive, both in the outlay of means and in the effect produced upon the system. *2 Selected Messages p. 287.3*
4. Many families suffer with \_\_\_\_\_, \_\_\_\_\_, and lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping rooms are small, unfit to \_\_\_\_\_ in for one night, but they occupy the small apartments for weeks, and months, and years. They keep their windows and doors \_\_\_\_\_, fearing they would take cold if there was a crevice open to let in the air.
5. They breathe the same air over and over, until it becomes impregnated with the \_\_\_\_\_ impurities, and \_\_\_\_\_ matter, thrown off from their bodies, through the lungs, and the pores of the skin. Such can test the matter, and be convinced of the unhealthy air in their close rooms, by entering them after they have remained a while in the open air. Then they can have some idea of the impurities they have conveyed to the blood, through the \_\_\_\_\_ of the lungs.
6. Those who thus abuse their health, must suffer with disease. All should regard light and air as among Heaven's most precious blessings. They should not shut out these blessings as though they were \_\_\_\_\_.
7. Sleeping apartments should be large and so arranged as to have a \_\_\_\_\_ of air through them, day and night. Those who have excluded the air from their sleeping rooms, should \_\_\_\_\_ to change their course \_\_\_\_\_.

8. They should let in air by degrees, and increase its circulation until they can bear it winter and summer, with no danger of taking cold. The lungs, in order to be healthy, must have \_\_\_\_\_ air. *2 Selected Messages p. 463*
9. Filth is a breeder of \_\_\_\_\_.—*The Review and Herald, February 4, 1896.*
10. A neglect of cleanliness will induce disease.... Stubborn \_\_\_\_\_ and violent diseases have prevailed in neighborhoods and towns that had formerly been considered healthy, and some have died, while others have been left with broken constitutions to be crippled with disease for life.
11. In many instances their own yards contained the agent of \_\_\_\_\_, which sent forth deadly poisons into the atmosphere, to be inhaled by the family and the neighborhood.—*How to Live, p. 61.*
12. Many suffer \_\_\_\_\_ vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances effluvia that is \_\_\_\_\_ the air. By inhaling the impure air, the \_\_\_\_\_ is poisoned, the lungs become affected, and the whole system is diseased.
13. If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and \_\_\_\_\_ and ague, sore throat, lung diseases, and fevers will be the result.—*How to Live, p. 64.*
14. Shade-trees and shrubbery too close and dense around a house are unhealthful; for they \_\_\_\_\_ a free circulation of air, and prevent the rays of the \_\_\_\_\_ from shining through sufficiently. In consequence of this a \_\_\_\_\_ gathers in the house.
15. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade-trees cast off many leaves, which, if not immediately \_\_\_\_\_, decay, and poison the \_\_\_\_\_. A yard, beautiful with scattering trees, and some shrubbery at a proper \_\_\_\_\_ from the house, has a \_\_\_\_\_, cheerful influence upon the family, and if well taken care of, will prove no injury to health.—*How to Live, 64.*
16. Impurities are constantly and imperceptibly passing from the body, through the \_\_\_\_\_, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often \_\_\_\_\_, and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible

perspiration. And if the garments worn are not frequently cleansed from these impurities, the pores of the skin \_\_\_\_\_ again the waste matter thrown off.

17. The impurities of the body, if not allowed to escape, are taken back into the \_\_\_\_\_, and forced upon the internal \_\_\_\_\_.—*How to Live*, p. 60.
18. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with \_\_\_\_\_ matter.—*How to Live*, p. 60.
19. The burden of labor is thrown upon the liver, lungs, \_\_\_\_\_, etc., and these internal organs are compelled to do the work of the skin.—*Testimonies for the Church* p. 2:524.
20. The \_\_\_\_\_ needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities.—*Testimonies for the Church* p.3:70.
21. You have not given your body a chance to breathe. The pores of the skin, or the little mouths through which the body breathes, have become \_\_\_\_\_, and the system has been filled with impurities.—*Testimonies for the Church* p. 3:74.
22. Many are ignorantly injuring their health and endangering their lives by using \_\_\_\_\_... When they become heated, ... the \_\_\_\_\_ is absorbed by the pores of the skin, and is thrown into the blood. Many lives have been sacrificed by this means alone.—*The Health Reformer*, October 1, 1871.
23. Bathing frees the skin from the accumulation of \_\_\_\_\_, which are constantly collecting, and keeps the skin moist and supple.—*Testimonies for the Church* p.3:70.
24. Frequent \_\_\_\_\_ is very beneficial, especially at night just before retiring, or upon rising in the morning. It will take but a few moments to give the children a bath, and to rub them until their bodies are in a \_\_\_\_\_. This brings the blood to the surface, relieving the brain.—*Christian Temperance and Bible Hygiene*, p. 141.
25. Bathe frequently in pure soft water, followed by gentle \_\_\_\_\_.—*How to Live*, p. 54.

## PURITY OF LIFE

### NHTLH 11

**1 credit**

1. Sickness of the mind prevails everywhere. \_\_\_\_\_ tenths of the diseases from which men suffer have their foundation here....
2. The \_\_\_\_\_ of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent \_\_\_\_\_ of the nerves.—*Testimonies for the Church Vol. 5 p. 443.*
3. A \_\_\_\_\_ mind, a cheerful spirit, is \_\_\_\_\_ to the body and strength to the soul.
4. Nothing is so fruitful a \_\_\_\_\_ of disease as depression, gloominess, and \_\_\_\_\_.—*Testimonies for the Church Vol. 1 p. 702.*
5. In such cases of affliction where Satan has control of the mind, before engaging in prayer there should be the closest self-examination to discover if there are not \_\_\_\_\_ which need to be repented of, confessed, and \_\_\_\_\_.
6. Deep humility of soul before God is necessary, and firm, \_\_\_\_\_ reliance upon the blood of Christ alone. Fasting and prayer will accomplish nothing while the heart is \_\_\_\_\_ from God by a wrong course of action.—*Testimonies for the Church Vol. 2 p.146.*
7. If we regard \_\_\_\_\_ in our hearts, the Lord will not hear us.... When we come to him, we should pray that we may enter into and accomplish his \_\_\_\_\_, and that our desires and interests may be lost in his.—*Testimonies for the Church Vol.2 p.148.*
8. The influence of the \_\_\_\_\_ of God is the very best \_\_\_\_\_ for disease.
9. Heaven is all health; the more deeply heavenly influences are \_\_\_\_\_, the more sure will be the \_\_\_\_\_ of the believing invalid.—*Christian Temperance and Bible Hygiene, p. 13.*
10. A sore, sick heart, a discouraged mind, needs mild treatment; and it is through tender \_\_\_\_\_ that this class of minds can be healed. The physician should first gain their confidence, and then point them to the all-healing \_\_\_\_\_.



11. If their minds can be directed to the Burden-Bearer, and they can have faith that he will have an interest in them, the cure of their diseased bodies and minds will be \_\_\_\_\_.—*Testimonies for the Church Vol. 3 p. 184.*
12. A person whose mind is quiet and \_\_\_\_\_ in God is in the pathway to health.—*The Review and Herald, 1880, No. II.*
13. Cheerfulness and a \_\_\_\_\_ are better than drugs, and will be an effective agent in your restoration to health.—*The Health Reformer, June 1, 1871.*
14. You who are suffering with poor health, there is a remedy for you. If thou \_\_\_\_\_ the naked, and bring the poor that are cast out to thy house, and deal thy \_\_\_\_\_ to the hungry, “then shall thy light break forth as the morning, and thine health shall spring forth \_\_\_\_\_.”
15. Doing good is an excellent \_\_\_\_\_ for disease.—*Testimonies for the Church Vol. 2 p. 29.*
16. The consciousness of \_\_\_\_\_ - \_\_\_\_\_ is the best medicine for diseased bodies and minds. He who is at \_\_\_\_\_ with God has secured the most important requisite to health.—*The Signs of the Times, June 15, 1882.*
17. If the mind is \_\_\_\_\_ and happy, under a consciousness of right-doing and a sense of to others, it will create a \_\_\_\_\_ that will react upon the whole system, causing a freer \_\_\_\_\_ of the blood and a toning up of the entire body.—*Testimonies for the Church Vol. 4 p. 60.*
18. Doing good is a work that benefits both giver and receiver. If you forget self in your interest for others, you gain a \_\_\_\_\_ over your infirmities.
19. The satisfaction you will realize in doing \_\_\_\_\_ will aid you greatly in the recovery of the healthy tone of the imagination. The pleasure of doing good animates the mind and vibrates through the whole body.—*Testimonies for the Church Vol. 2 p. 534.*
20. The blessing of God is a \_\_\_\_\_; and those who are abundant in benefiting others, will realize that wondrous blessing in their hearts and lives.—*Testimonies for the Church Vol. 4 p. 60.*

## THE SPIRITUAL COMPONENT OF HEALTH

Would You Like to be Made Whole *based on* John 5:1-15

**NHTLH 12**

**2 credits**

1. We teach from three perspectives:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
2. Sickness and Disease are caused from one of three reasons:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. Disease never comes without a \_\_\_\_\_.
  
4. To those who desire prayer for their restoration to \_\_\_\_\_, it should be made plain that the \_\_\_\_\_ of God's law, whether \_\_\_\_\_ or spiritual, is sin, and that in order for them to receive His blessing, sin must be \_\_\_\_\_ and \_\_\_\_\_.     PATH  
72
  
5. Give two examples of a violation of natural laws that may not necessarily be a spiritual law:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
6. Since the creation of mankind, how long has it been roughly? \_\_\_\_\_
  
7. In John 5, how far back are we in history roughly? \_\_\_\_\_
  
8. When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, \_\_\_\_\_? John 5: 6...Jesus saith unto him, \_\_\_\_\_, and \_\_\_\_\_....Behold, thou art made whole: \_\_\_\_\_ . John 5: 14
  
9. It was the man's \_\_\_\_\_ that caused his sickness.
  
10. Do not pray for the sick unless you give them \_\_\_\_\_.

11. "I saw that the reason why God did not hear the prayers of His servants for the sick among us more fully was that He \_\_\_\_\_." CD p. 25-26
12. In John 9 in the story of the blind man, how long ago did this event took place roughly? \_\_\_\_\_
13. Who sinned? Could it have been the man or his parents? Jesus answered, \_\_\_\_\_ hath this man sinned, nor his parents; but that the works of God should be made \_\_\_\_\_. John 9:3 ...and said unto him, Go wash in the pool of Siloam... he went his way therefore, and washed, and came \_\_\_\_\_. John 9:7
14. Why was the man sick? The man was sick , that \_\_\_\_\_
15. Give an example where disease was generational? \_\_\_\_\_
16. Taking Communion \_\_\_\_\_ is another cause for sickness and disease.
17. For he that \_\_\_\_\_ and \_\_\_\_\_ unworthily, eateth and drinketh \_\_\_\_\_ to himself, not discerning the Lord's body. For this cause many are weak and \_\_\_\_\_ among you, and many \_\_\_\_\_. 1 Cor 11: 29-30
18. Will a man \_\_\_\_\_ God? Yet ye have robbed me. But ye say, wherein have we robbed thee? In \_\_\_\_\_ and \_\_\_\_\_. Mal 3:8
19. David was a man after God's own heart, but David sinned and what happened in 2 Samuel 11:27 And when the mourning was past, David sent and fetched her to his house, and she became his wife, and bare him a son. But the thing that David had done \_\_\_\_\_ the LORD. And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very \_\_\_\_\_. 2 Sam 12:15
- Nathan brought word about the Sin
  - Whose wife? \_\_\_\_\_
  - Consequence: Child got \_\_\_\_\_
  - David's \_\_\_\_\_ was deep
  - It doesn't make a difference how far you have gone. If the \_\_\_\_\_ is deep the saviour is waiting with open arms to receive you home again.
  - There is a \_\_\_\_\_ going on today.
  - And David comforted Bathsheba \_\_\_\_\_, and went in unto her, and lay with her; and she bare a son, and he called his name Solomon; and the LORD \_\_\_\_\_.

20. In Job 42:7 How long ago did this event took place roughly? \_\_\_\_\_ and who is the author of Job? \_\_\_\_\_
21. During the first \_\_\_\_\_ years of human history, there was no written revelation. Those who had been taught of God, communicated their knowledge to others, and it was handed down from father to son, through \_\_\_\_\_ generations. The preparation of the \_\_\_\_\_ word began in the time of Moses. GC – Introduction
22. Numbers 12:1- 15 And Mariam and Aaron \_\_\_\_\_ Moses because of the Ethiopian woman whom he had married; for he had married an Ethiopian woman...And the cloud departed from off the tabernacle; and behold, Mariam became \_\_\_\_\_, white as snow...
23. What lessons can we learn from the word of God:
- Do not speak against \_\_\_\_\_.
  - Touch not the \_\_\_\_\_.
  - Do not \_\_\_\_\_. *Matt 18:15 - Go to thee and thee alone*
  - Don't backbite against the \_\_\_\_\_
  - Don't backbite against the \_\_\_\_\_
  - Don't backbite against the \_\_\_\_\_ (*the Lord is the author of the SOP*)
24. Always give an \_\_\_\_\_ at the end of the sermon.
25. If any who are seeking health have been guilty of \_\_\_\_\_, if they have sowed \_\_\_\_\_ in the home, the neighborhood, or the church, and have stirred up \_\_\_\_\_ and \_\_\_\_\_, if by any wrong practice they have led others into \_\_\_\_\_, these things should be confessed before God and before \_\_\_\_\_ who have been \_\_\_\_\_. PATH 72
26. "If we \_\_\_\_\_ our \_\_\_\_\_, He is faithful and just to \_\_\_\_\_ us our sins, and to \_\_\_\_\_ us from all unrighteousness." 1 John 1:9
27. When wrongs have been \_\_\_\_\_, we may present the needs of the sick to the Lord in calm faith, as His Spirit may indicate. PATH 72

## WHY THE MEDICAL MISSIONARY WORK

**NHTLH 13**

**1 credit**

"The truth for this time, the third angel's message, is to be proclaimed with a loud voice as we approach the great final test. This test must come to the churches in connection with true medical missionary work."

1. RESTORATION OF THE \_\_\_\_\_ PREPARES THE WAY FOR THE RESTORATION OF THE \_\_\_\_\_.
  
2. "The world has departed far from \_\_\_\_\_ principles of restoration and \_\_\_\_\_. Perverted appetite and base passion have taken control of the \_\_\_\_\_ of many."
  
3. List some True Health Principles?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
  - h. \_\_\_\_\_
  - i. \_\_\_\_\_
  
4. The stomach must have careful attention. It must not be kept in \_\_\_\_\_ operation. Give this \_\_\_\_\_ and much-abused organ a \_\_\_\_\_.
  
5. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that \_\_\_\_\_ meals are better than three.
  
6. The Temperance Pledge  
 I solemnly promise, before God, to abstain from \_\_\_\_\_, spirituous liquors, snuff, tea, \_\_\_\_\_, flesh-meats, butter, spices, rich cake, mince pies, a large amount of salt, and animal fat of all kinds, \_\_\_\_\_ powder, soda or saleratus in any form, and \_\_\_\_\_, and from all exciting articles of food, and to abstain from eating between meals, and to do all I can to \_\_\_\_\_ others to do likewise.      Testimony and pledge sent to the General Conference March 29, 1908

7. "When you make the people intelligent concerning the \_\_\_\_\_ of health reform you do much to \_\_\_\_\_ the way for the introduction of \_\_\_\_\_ truth..."
8. ...Said my Guide, "Educate, \_\_\_\_\_, educate." The mind must be \_\_\_\_\_, for the understanding of the people is darkened. Satan can find access to the soul through perverted \_\_\_\_\_, to debase and destroy it."
9. Ministers, do not confine your work to giving \_\_\_\_\_ instruction. Do practical work. Seek to \_\_\_\_\_ the sick to health. This is true ministry. Remember that the \_\_\_\_\_ of the body prepares the way for the restoration of the soul."

### IT BREAKS DOWN PREJUDICE

10. "As a means of overcoming \_\_\_\_\_ and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been \_\_\_\_\_.
11. ...We are to work as gospel medical missionaries, to heal the sin-sick souls by giving them the \_\_\_\_\_ of salvation. This work will break down prejudice as nothing else can."
12. "In Australia we found that the medical missionary work breaks down prejudice and opens the way for the truth to go with \_\_\_\_\_ ...
13. ...And I have now come to America to see if my words will have more power than my letters have had in leading my brethren to a proper appreciation of medical missionary work. . . . In \_\_\_\_\_ fields no work is so \_\_\_\_\_ as medical missionary work."
14. "I wish to tell you that soon there will be no work done in \_\_\_\_\_ lines but medical missionary work."

### TO REVEAL THE LOVE OF GOD

15. And Jesus went about all Galilee, teaching in their \_\_\_\_\_, and preaching the gospel of the kingdom, and \_\_\_\_\_ all manner of sickness and all manner of disease among the people.
16. And his fame went throughout all Syria: and they \_\_\_\_\_ unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatic, and those that had the palsy; and he \_\_\_\_\_ them."

Matthew 4:23, 24

17. "During His ministry, Jesus devoted more time to \_\_\_\_\_ the sick than to \_\_\_\_\_."
18. "The Saviour made each work of healing an occasion for implanting \_\_\_\_\_ principles in the mind and soul. This was the purpose of His work. He imparted \_\_\_\_\_ blessings, that He might incline the hearts of men to receive the gospel of His grace."
19. "The right hand is used to open doors through which the \_\_\_\_\_ may find entrance. This is the part the medical missionary work is to act. It is to largely prepare the way for the \_\_\_\_\_ of the truth for this time."
20. "Medical missionary work brings to \_\_\_\_\_ the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the \_\_\_\_\_ of Christ revealed. Of this work there is great need, and the world is open for it."
21. "Christ's servants are to \_\_\_\_\_ His example. As He went from place to place, He comforted the \_\_\_\_\_ and healed the sick. Then He placed before them the great truths in regard to His kingdom..."
22. "...This is the work of His followers. As you relieve the sufferings of the body, you will find ways for \_\_\_\_\_ to the wants of the soul. You can point to the uplifted Saviour and tell of the love of the great Physician, who alone has power to restore."

#### VITAL CONNECTION

23. "Medical missionary work is in no case to be \_\_\_\_\_ from the \_\_\_\_\_ ministry. The Lord has specified that the two shall be as closely \_\_\_\_\_ as the arm is with the body. Without this union neither part of the work is \_\_\_\_\_."
24. "We have come to a time when \_\_\_\_\_ member of the church should take hold of medical missionary work."

## THE BIBLE AND HEALTH

**NHTLH 14**

**1 credit**

1. **Proverbs 4:10** Hear, O my son, and receive my \_\_\_\_\_; and the years of thy \_\_\_\_\_ shall be \_\_\_\_\_.
  
2. **Proverbs 4:20-22** My son, \_\_\_\_\_ to my \_\_\_\_\_; incline thine ear unto my sayings. Let them not \_\_\_\_\_ from thine \_\_\_\_\_; keep them in the midst of thine \_\_\_\_\_. For they are \_\_\_\_\_ unto those that find them, and \_\_\_\_\_ to all their \_\_\_\_\_.
  
3. **Exodus 15:26** And said, If thou wilt \_\_\_\_\_ \_\_\_\_\_ to the voice of the LORD thy God, and wilt \_\_\_\_\_ that which is \_\_\_\_\_ in his sight, and wilt give ear to his \_\_\_\_\_, and keep \_\_\_\_\_ his statutes, I will put \_\_\_\_\_ of these \_\_\_\_\_ upon thee, which I have brought upon the Egyptians: for I am the LORD that \_\_\_\_\_ thee.
  
4. **Deuteronomy 7:12** Wherefore it shall come to pass, if ye hearken to these \_\_\_\_\_, and \_\_\_\_\_, and do them, that the LORD thy God shall \_\_\_\_\_ unto thee the \_\_\_\_\_ and the \_\_\_\_\_ which he sware unto thy fathers:
  
5. **Deuteronomy 7:15** And the \_\_\_\_\_ will take away from thee \_\_\_\_\_, and will put none of the \_\_\_\_\_ diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that \_\_\_\_\_ thee.
  
6. Do you believe that He will put none of these diseases upon you? \_\_\_\_\_
  
7. What were some of the diseases that the Egyptians had?  
 \_\_\_\_\_  
 \_\_\_\_\_
  
8. What was the common denominator of some of these diseases?  
 \_\_\_\_\_ and \_\_\_\_\_
  
9. Why are God's people suffering? **2 Chronicles 20:20**  
 And they rose \_\_\_\_\_ in the morning, and went forth into the \_\_\_\_\_ of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; \_\_\_\_\_ in the LORD your God, so shall ye be \_\_\_\_\_; believe his \_\_\_\_\_, so shall ye \_\_\_\_\_.



10. **3 John 1:2** Beloved, I wish above \_\_\_\_\_ things that thou mayest \_\_\_\_\_ and be in \_\_\_\_\_, even as thy soul \_\_\_\_\_.
11. **Deuteronomy 28:1** And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to \_\_\_\_\_ and to do all his \_\_\_\_\_ which I command thee this day, that the LORD thy God will set thee on \_\_\_\_\_ above all \_\_\_\_\_ of the earth:
12. **Deuteronomy 28:2** And all these \_\_\_\_\_ shall come on thee, and \_\_\_\_\_ thee, if thou shalt \_\_\_\_\_ unto the voice of the LORD thy God.
13. **Deuteronomy 28:4** Blessed shall be the \_\_\_\_\_ of thy body, and the fruit of thy \_\_\_\_\_, and the fruit of thy cattle, the \_\_\_\_\_ of thy kine, and the flocks of thy sheep.
14. **Deuteronomy 34:7** And Moses was an \_\_\_\_\_ and twenty years old when he \_\_\_\_\_: his eye was not \_\_\_\_\_, nor his natural \_\_\_\_\_ abated.
15. *Example of SDA study –*  
*Study found that the Adventist habit of consuming \_\_\_\_\_, soy milk, \_\_\_\_\_ and other fruit, lower their risk of developing certain \_\_\_\_\_ (one of the diseases of the Egyptians) it also says that eating \_\_\_\_\_ bread, drinking \_\_\_\_\_ glasses of water a day and consuming four servings of \_\_\_\_\_ a week reduced their risk of heart disease... not eating red \_\_\_\_\_ had been helpful to avoid \_\_\_\_\_ and \_\_\_\_\_ disease.*
16. **Psalms 103:2** Bless the LORD, O my soul, and \_\_\_\_\_ not all his \_\_\_\_\_:
17. **Psalms 103:3** Who \_\_\_\_\_ all thine \_\_\_\_\_; who \_\_\_\_\_ all thy \_\_\_\_\_;
18. **2 Chronicles 7:14** If my \_\_\_\_\_, which are called by my name, shall \_\_\_\_\_ themselves, and \_\_\_\_\_, and seek my \_\_\_\_\_, and \_\_\_\_\_ from their wicked ways; then will I \_\_\_\_\_ from heaven, and will \_\_\_\_\_ their sin, and will \_\_\_\_\_ their land.
19. **2 Chronicles 7:15** Now mine eyes shall be \_\_\_\_\_, and mine ears \_\_\_\_\_ unto the prayer that is made in this place.
20. **Deuteronomy 28:15** But it shall come to pass, if thou wilt not \_\_\_\_\_ unto the voice of the LORD thy God, to \_\_\_\_\_ to do all his \_\_\_\_\_ and his statutes which

I \_\_\_\_\_ thee this day; that all these \_\_\_\_\_ shall come upon thee, and overtake thee:

21. **Deuteronomy 28:21** The LORD shall make the \_\_\_\_\_ cleave unto thee, until he have \_\_\_\_\_ thee from off the land, whither thou goest to possess it.
22. **Jeremiah 30:12, 13** For thus saith the LORD, Thy bruise is \_\_\_\_\_, and thy \_\_\_\_\_ is \_\_\_\_\_. There is none to plead thy cause, that thou mayest be \_\_\_\_\_ up: thou hast no \_\_\_\_\_ medicines.
23. **Deuteronomy 28:28** The LORD shall smite thee with \_\_\_\_\_, and \_\_\_\_\_, and \_\_\_\_\_ of heart:
24. **Malachi 3:7-9** Even from the days of your fathers ye are gone away from mine \_\_\_\_\_, and have \_\_\_\_\_ kept them. \_\_\_\_\_ unto me, and I will return unto you, saith the LORD of hosts. But ye said, Wherein shall we return? <sup>8</sup>Will a man \_\_\_\_\_ God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In \_\_\_\_\_ and \_\_\_\_\_. <sup>9</sup>Ye are \_\_\_\_\_ with a curse: for ye have robbed me, even this whole nation.
25. **2 Chronicles 16:12** And Asa in the thirty and ninth year of his reign was \_\_\_\_\_ in his feet, until his disease was exceeding \_\_\_\_\_: yet in his disease he sought not to the LORD, but to the \_\_\_\_\_.
26. **James 5:16** Confess your \_\_\_\_\_ one to another, and \_\_\_\_\_ one for another, that ye may be \_\_\_\_\_. The effectual fervent prayer of a \_\_\_\_\_ man availeth much.
27. **Colossians 3:13** Forbearing one another, and \_\_\_\_\_ one another, if any man have a \_\_\_\_\_ against any: even as Christ \_\_\_\_\_ you, so also do ye.
28. **Isaiah 58:6-8** Is not this the \_\_\_\_\_ that I have chosen? to \_\_\_\_\_ the bands of \_\_\_\_\_, to undo the heavy burdens, and to let the oppressed go \_\_\_\_\_, and that ye \_\_\_\_\_ every \_\_\_\_\_? Is it not to deal thy bread to the \_\_\_\_\_, and that thou bring the \_\_\_\_\_ 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 \_\_\_\_\_?
- Then shall thy light break forth as the \_\_\_\_\_, and thine health shall spring forth \_\_\_\_\_: and thy righteousness shall go before thee; the glory of the LORD shall be thy \_\_\_\_\_.
29. **Isaiah 58:10** And if thou draw out thy \_\_\_\_\_ to the hungry, and \_\_\_\_\_ the afflicted soul; then shall thy \_\_\_\_\_ rise in \_\_\_\_\_, and thy darkness be as the \_\_\_\_\_ day.

## THE TRUTH ABOUT GOD’S HEALING PROGRAM

**NHTLH 15**

**2 credits**

1. Complete this statement: Pure air, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, the use of \_\_\_\_\_, \_\_\_\_\_ in divine power-- these are the \_\_\_\_\_. (MH p. 44)
  
2. Genesis 1:29 says “And God said, Behold, I have given you \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_, which is upon the face of all the earth, and every \_\_\_\_\_, in the \_\_\_\_\_ which is the \_\_\_\_\_ of a tree yielding \_\_\_\_\_; to you it shall be for \_\_\_\_\_.”
  
3. God is particular with healthy principles. Give one example in the Bible where God gave specific instruction to the children of Israel about healthy practices.  
\_\_\_\_\_  
\_\_\_\_\_
  
4. In the 1800s and early 1900s name two harmful forms of treatment used in ministering to the sick.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
5. Bloodletting and mercury are two methods used in \_\_\_\_\_, particularly the \_\_\_\_\_ treatments in \_\_\_\_\_.
  
6. In what year did Ellen G. White receive her first vision on health? \_\_\_\_\_
  
7. What was that first vision about?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
8. EGW’s second vision on health in 1854 was on what?  
\_\_\_\_\_  
\_\_\_\_\_
  
9. In 1863 EGW’s vision on health revealed that care of our health is a sacred religious duty. Instruction was given to counsel the people to \_\_\_\_\_  
\_\_\_\_\_

10. December 10, 1871, I was again shown that the health reform is one branch of the great work which is to fit a people for \_\_\_\_\_ . (3T p. 161)

11. Does Satan have a counterfeit health message?    Yes            No

12. Satan understands this message of health and its impact on us both physically, \_\_\_\_\_ and \_\_\_\_\_ better than we do. His ultimate goal is to \_\_\_\_\_  
\_\_\_\_\_

13. The basis of all treatments in the Ayurvedic system is the \_\_\_\_\_ of the \_\_\_\_\_ within us. \_\_\_\_\_ is a primary and fundamental tool in this balancing therapy which uses diets, herbs, mineral substances and \_\_\_\_\_ as well.

14. Name some counterfeit health methods of Satan:

- a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
- d. \_\_\_\_\_ e. \_\_\_\_\_ f. \_\_\_\_\_

15. Describe the method of Iridology?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

16. Where does Iridology come from?

\_\_\_\_\_  
\_\_\_\_\_

17. Acupuncture is a Chinese physiology has \_\_\_\_\_ as its foundation. The Chinese describe the distribution of ch'i [life energy] that the energy comes close to the skin in various places and can be influenced in those areas to alter its flow. Needles are placed at different points to achieve a \_\_\_\_\_.

18. The apostles of nearly all forms of spiritism claim to have power to heal. They attribute this power to \_\_\_\_\_, \_\_\_\_\_, the so-called sympathetic remedies, or to latent forces within the mind of man. And there are not a few, even in this Christian age, who go to these healers instead of trusting in the power of the \_\_\_\_\_ and the skill of well-qualified physicians. (2MCP p. 701)

19. The mother, watching by the sickbed of her child, exclaims, ‘I can do no more. Is there no \_\_\_\_\_ who has power to restore my child?’ She is told of the wonderful \_\_\_\_\_ performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hand of \_\_\_\_\_ as if he were standing by her side.

In many instances the future life of the child is controlled by a \_\_\_\_\_ power which it seems \_\_\_\_\_ . (2MCP p. 701)

20. “Those who give themselves up to the \_\_\_\_\_, may boast of \_\_\_\_\_ received; but does this prove their course to be wise or safe? What if life should be prolonged? What if temporal gain should be secured?... Will it pay in the end to have disregarded the will of God? All such apparent gain will prove at last an irrecoverable loss. We cannot with \_\_\_\_\_ break down a single barrier which God has erected to \_\_\_\_\_ from Satan’s power. (Conflict and Courage p. 219)

21. Reflexology is a variant of \_\_\_\_\_.

There is no \_\_\_\_\_ that rubbing nerve endings would correct the abnormal function of tissues elsewhere in the body.

22. “Yoga is a science as well as a method of achieving spiritual \_\_\_\_\_ through the control of \_\_\_\_\_ and body. The asanas (yogic postures) and pranayama (breath control) are practices that not only help us to acquire perfect health, but also develop the inner \_\_\_\_\_ that enables a believer to withstand \_\_\_\_\_ situations with a \_\_\_\_\_ and serene mind.” (Warrier, op. cit., p. 166)

23. Why is Yoga not a safe practice?

\_\_\_\_\_  
\_\_\_\_\_

24. Name four dangers of Colonic treatment:

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_
- d. \_\_\_\_\_  
\_\_\_\_\_

25. Describe the Ionic footbath treatment?

---

---

---

---

---

26. What does 2 Kings 1:2,3 say about seeking alternative methods? \_\_\_\_\_

---

---

---

---

27. Through what means does God's way help the body filter itself? \_\_\_\_\_

---

28. Inactivity is a fruitful \_\_\_\_\_. Exercise quickens and equalizes the \_\_\_\_\_, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, too, becomes inactive. Impurities are not expelled as they would be if the circulation had been quickened by \_\_\_\_\_, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the \_\_\_\_\_, and \_\_\_\_\_ is the result. (MH p. 154)

29. Satan's way is a dependency on \_\_\_\_\_ and \_\_\_\_\_

30. We should seek to get our vitamins from \_\_\_\_\_

31. One of Satan's way is to eat a large portion of raw food. True or False

32. Name two parts of the body that produces enzymes for digesting food.

- a. \_\_\_\_\_
- b. \_\_\_\_\_

33. All should learn what to eat and \_\_\_\_\_ it. Men, as well as women, need to understand the simple, healthful \_\_\_\_\_ of food. (MH p. 211)

34. Biofeedback is considered the \_\_\_\_\_. It is based on the same principles as yoga of the East. The basic principle is the within "SELF" lies all the wisdom of the universe.

35. How do I know what method is safe to use?

Set 1 Questions \_\_\_\_\_

\_\_\_\_\_

Set 2 Questions \_\_\_\_\_

\_\_\_\_\_

Set 3 Questions \_\_\_\_\_

\_\_\_\_\_

Set 4 Questions \_\_\_\_\_

\_\_\_\_\_

Set 5 Questions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## DRUG THERAPY: CAUTIONS AND COUNSELS

NHTLH 16

1 credit

### Drug Therapy I

1. What is the philosophy taught in medical school? \_\_\_\_\_  
\_\_\_\_\_
2. And said, If thou wilt diligently harken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his \_\_\_\_\_, and keep all his statutes, I will put none of these \_\_\_\_\_ upon them, which I have brought upon the Egyptians;: for I am the Lord that \_\_\_\_\_ thee. Exodus 15:26
3. Why is it that as a people we have become so sick? \_\_\_\_\_  
\_\_\_\_\_
4. What is the medium through which God will heal the soul of the individual that is suffering from disease? \_\_\_\_\_  
\_\_\_\_\_
5. The physician who depends upon drug medication in his practice shows that he does not understand the delicate machinery of the human organism. He is introducing into the system a \_\_\_\_\_ crop that will never lose its \_\_\_\_\_ properties throughout the lifetime. MM p. 229
6. For what sin does God hold us accountable for as hostility? \_\_\_\_\_  
\_\_\_\_\_
7. I am instructed to say that God will have the medical missionary work \_\_\_\_\_ from the tarnish of earthliness, and \_\_\_\_\_ to stand in its true position before the \_\_\_\_\_.
8. God's purpose in committing to men and women the mission that He committed to Christ is to \_\_\_\_\_ His followers from all worldly policy and to give them a work \_\_\_\_\_ with the work that Christ did. MM p. 24



9. What is the only way of healing that heaven approves and why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Drug Therapy II**

10. What is a drug? \_\_\_\_\_  
\_\_\_\_\_

11. What will happen if we follow the health counsels and use only simple remedies? How often would we have to go to the doctor? \_\_\_\_\_  
\_\_\_\_\_

12. Why should institutions be established? \_\_\_\_\_  
\_\_\_\_\_

13. How often should we contemplate on God's agencies? \_\_\_\_\_

14. What should we be teaching people about drugs? \_\_\_\_\_  
\_\_\_\_\_

15. Why is it that sometimes it appears that disease is cured by the drugs? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

16. What is one of the reasons for health reform? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

17. God is looking for a faith response that brings \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18. What is promised to us if we obey the laws of health? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

19. What is God's method to aid the healing process? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

20. What are the conditions for the Physician to be able to accomplish more than a minister in the pulpit? \_\_\_\_\_  
\_\_\_\_\_

21. As to drugs' being used in our \_\_\_\_\_, it is \_\_\_\_\_ to the light which the Lord has been \_\_\_\_\_ to give. The drugging business has done more harm to our world and \_\_\_\_\_ more than it has helped or \_\_\_\_\_. The light was first given to me why institutions should be established, that is, sanitariums were to \_\_\_\_\_ the medical practices of physicians. MM p. 27

## MEDICAL MISSIONARY WORK

**NHTLH 17**

**1 credit**

**Medical Missionary Work (this is a five-part lecture series)**

### The End-time Work

1. What is our great Commission? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What are we to teach and preach, and what is our promise if we do so? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Which is the warning for the last days? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Your success in evangelism will depend upon..... \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. How do we meet men and women where they are? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Jesus spent more time preaching than anything else. True or False
7. Why did Jesus choose the method of meeting their physical needs first? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. What was Jesus' method that will give us success in reaching others? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. What is the example that we are to set for the world? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. What is Medical Missionary Work? \_\_\_\_\_  
\_\_\_\_\_

11. We need to gain victory over \_\_\_\_\_ to be effective in God’s service.

**Medical Missionary Work**

1. How does the Lord show us the truth? \_\_\_\_\_  
\_\_\_\_\_

2. What kind of institutions did God plan for His church to start? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What was God’s original plan for the workers in our institutions? \_\_\_\_\_  
\_\_\_\_\_

4. Why do we need Sanitariums now, why is there no miraculous healing like in Jesus’ time? \_\_\_\_\_  
\_\_\_\_\_

5. What is the main purpose of having Sanitariums, place where they had to stay for a long period of time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Where were these institutions to be located? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. How had God designed for physicians to work? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Educational Counsels**

1. What is the highest education that we can receive? \_\_\_\_\_  
\_\_\_\_\_

2. What was God’s plan for His children that wanted to go to medical schools? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Why are we to study the history of education? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What will happen with those that seek to secure the education of the world? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What will happen with those that receive the Laodicean message? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3 Angels’ Message I**

1. We have come to a time where very member of the church should take hold of \_\_\_\_\_  
\_\_\_\_\_

2. What are the sources where we can learn from as we prepare to be medical missionaries? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What kind of people did the Lord choose as His co-laborers? \_\_\_\_\_  
\_\_\_\_\_

4. Which is the talent that the Lord will hold us more accountable for? \_\_\_\_\_  
\_\_\_\_\_

**The 3 Angels' Message II**

1. Mention the seven Reasons for which God has given the Health message to His people.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

2. Why is it so important to subject the appetite and passions to the higher powers of the mind?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**BOTANICAL MEDICINE I AND II****NHTLH 18****2 credits****Botanical Medicine I**

1. How much of the world's population use herbal medicine for their primary health care?  
\_\_\_\_\_
2. Why do people generally use botanical medicines?
  - a. \_\_\_\_\_  
\_\_\_\_\_
  - b. \_\_\_\_\_  
\_\_\_\_\_
  - c. \_\_\_\_\_  
\_\_\_\_\_
  - d. \_\_\_\_\_  
\_\_\_\_\_
  - e. \_\_\_\_\_  
\_\_\_\_\_
3. The Lord has provided \_\_\_\_\_ for disease in simple plants, and these can be used by \_\_\_\_\_ with no denial of faith.
4. There are many simple \_\_\_\_\_ which if our nurses would learn the value of they could use them in place of \_\_\_\_\_ and find them very \_\_\_\_\_.
5. It would have been better if, from the first, all \_\_\_\_\_ had been kept out of our sanitariums, and use had been made of such \_\_\_\_\_ remedies as are found in pure water, pure air, sunlight, and some of the simple herbs growing in the field. These would be just as efficacious as the drugs used under mysterious names, and concocted by human science. And they would leave no \_\_\_\_\_ effects in the system. 2SM p. 291
6. More deaths have been caused by \_\_\_\_\_ than from all other causes combined.
7. Multitudes of \_\_\_\_\_, and multitudes of \_\_\_\_\_, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to \_\_\_\_\_ graves.

8. When was the use of herbs instituted and by whom? \_\_\_\_\_
9. Give an example from the Bible where herbs were used for healing. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. What are some benefits of herbs compared to drugs? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. Mention a few examples of drugs that come from herbs. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. List five reasons for use of drug medications in the world.  
a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_  
d. \_\_\_\_\_  
e. \_\_\_\_\_
13. What adverse effect does antibiotics have in the body?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
14. In emergency we may use a drug to buy time but do not make drugs your \_\_\_\_\_  
and say there is no problem with it. Then find a safer \_\_\_\_\_.

**Botanical Medicine II**

15. Drug medication, as it is generally practiced, is a \_\_\_\_\_. Educate away from drugs. Use them \_\_\_\_\_ and \_\_\_\_\_, and depend more upon hygienic agencies; then nature will respond to God's \_\_\_\_\_--pure air, pure water, proper exercise, a clear conscience.



16. Those who persist in the use of tea, coffee, and \_\_\_\_\_ will feel the need of drugs, but many might recover without one grain of \_\_\_\_\_ if they would obey the laws of health. Drugs need \_\_\_\_\_ be used. CH p. 261

17. What remedy is recommended in 2 SM p. 301 for coughs? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18. What remedy is recommended in 2 SM p. 297 to quiet the nerves? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

19. What remedy is recommended in 2 SM p. 297 for congestion, sinus, cold and headache? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

20. What are some herbal remedies for Colds and Flus? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

21. What are some herbal remedies for Bronchitis? \_\_\_\_\_  
\_\_\_\_\_

## TO SELL OR NOT TO SELL

### THE LITERATURE EVANGELIST

Complete the following statements.

**NHTLH 19**

**1 credit**

#### **HISTORICAL DEVELOPMENT OF COLPORTEUR MINISTRY**

1. "Begin to Print."--At a meeting held in Dorchester, Massachusetts, \_\_\_\_\_, I had been given a view of the proclamation of the sealing message, and of the duty of the brethren to \_\_\_\_\_ that was shining upon our pathway. {CM 1.1}  
The great object of our publications is: (1) \_\_\_\_\_, (2) \_\_\_\_\_.  
God calls upon us to lift up, not our own standard, not the standard of this world, but His standard of truth. Testimonies, vol. 7, pp. 150, 151. (1902) {CM 2.1}
  
2. What is the Objective of Colporteur Ministry?
  - a. To Make the Truth Clear and Plain**  
"Our publications have a most \_\_\_\_\_  
\_\_\_\_\_." (CM, p. 1).
  - b. To Call Men's Attention to the Living Truth**  
"The great object of our publications is \_\_\_\_\_  
\_\_\_\_\_. God calls upon us to lift up, not our own standard, not the standard of this world, but \_\_\_\_\_." (7T, p. 151)
  - c. To Light the Whole World with Truth**  
"Our publications should go \_\_\_\_\_ . . . . There are many places in which the voice of the minister cannot be heard, places which can be reached \_\_\_\_\_  
\_\_\_\_\_ ." (CM, p. 4).  
"By the \_\_\_\_\_  
who otherwise would never hear it" (Ellen G. White, Review and Herald, October 7, 1902).  
"The world is to receive the \_\_\_\_\_ through an \_\_\_\_\_  
\_\_\_\_\_ of the word in our \_\_\_\_\_ and \_\_\_\_\_." (CM, p. 5).
  - d. To Prepare a People to Meet God**  
"The publications sent forth from our printing houses are to prepare a people to \_\_\_\_\_ . . . . And in a large degree through our publishing houses is to be accomplished the work of that other angel who comes down from heaven with great power and who \_\_\_\_\_ with his glory" (7T, 139, 140).

**NATURE AND IMPORTANCE**3. **A Sacred Work**

“The canvassing work should be considered as sacred, and those who have unclean hands and defiled hearts should not be encouraged to enter upon it. The angels of God cannot accompany the unconsecrated to the homes of the people; therefore all those who are \_\_\_\_\_, whose thoughts are \_\_\_\_\_, who will leave the \_\_\_\_\_ upon everything they touch, should \_\_\_\_\_.” (CM, p. 29).

4. **A Work Second to None** “The canvassing work, properly conducted, is missionary work of the \_\_\_\_\_, and it is as good and successful a method as can be employed for placing before the people the \_\_\_\_\_.” (CM, p. 6).5. **Equal in Importance to the Gospel Ministry** “\_\_\_\_\_ must go out into \_\_\_\_\_. The importance of this work is fully equal to that of the ministry. The \_\_\_\_\_ and the \_\_\_\_\_ are both required for the accomplishment of the great work before us.” (Ellen G. White, Review and Herald, April 1, 1880).6. **As Important as Preaching** “The ministerial evangelist who engages in the \_\_\_\_\_ is performing a service fully as \_\_\_\_\_ before a congregation Sabbath after Sabbath. God looks upon the faithful \_\_\_\_\_ with as much approval as He looks upon any faithful minister.” (CM, p. 45).7. **Printed Message Remains** “It is true that some who buy the books will \_\_\_\_\_ or place them on the parlor table and seldom look at them. Still God has a care for His truth, and the \_\_\_\_\_.” (CM, p. 150).

And then she continued, “More than one thousand will soon be \_\_\_\_\_, most of whom will trace their first convictions to the \_\_\_\_\_.” (CM, p. 151).

8. **Supervised by Angels**

- a. **Articles at the editor’s office** - “. . . \_\_\_\_\_ of God . . . [supervise] the articles that were being published . . .” (The Publishing Ministry, p. 60).

- b. **Manuscript at the printing room** - “The angels of God have \_\_\_\_\_ . If the eyes of those who run the machinery could be opened, they would discern the \_\_\_\_\_ .” (The Publishing Ministry, p. 60)
- c. **The literature at the Literature Evangelist’s hands** - “\_\_\_\_\_ will \_\_\_\_\_ you, \_\_\_\_\_ the way.” (CM, p. 22).  
 “Those who engage in this [canvassing] work . . . should place themselves where they can learn of Christ and follow His example. \_\_\_\_\_ to go forth with those who take up this work in true humility\.” (EGW, Mscript 81, 1908).
- d. **The literature at the customer’s bookshelves** - “The same ministry of angels attends the \_\_\_\_\_ as attends the work of the minister.” (Testimonies, vol. 6, p. 316).

### SELECTION OF COLPORTEURS

9. “... Workers From Every Church.--God calls for workers from every church among us to enter His service as \_\_\_\_\_ . . . Every part of God's dominion is to be filled with His glory. What, then, is the church doing to enlighten the world, that from all parts of the earth a tribute of praise and prayer and thanksgiving may ascend to Him? (Letter 124, 1902)
10. **Missionary Standpoint:** Since canvassing for our literature is a missionary work, it should be conducted from a \_\_\_\_\_. Those selected as canvassers should be men and women who feel the \_\_\_\_\_, whose object is \_\_\_\_\_, but to \_\_\_\_\_. All our service is to be done \_\_\_\_\_, to give the \_\_\_\_\_ to those who are in darkness. Selfish principles, love of gain, dignity, or position, should not be once named among us. (7T, p. 317)
11. “...Much care and wisdom must be used in \_\_\_\_\_ as in selecting men for the ministry...” (C.M., 26)
- “...In all parts of the field canvassers should be selected, not from \_\_\_\_\_, not from among men and women who are \_\_\_\_\_, but from among those who \_\_\_\_\_ . . .” ( C.M., 28)

**THE QUALIFIED COLPORTEUR**

12. When one is wholly surrendered to God, what qualities would they possess?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
13. How can the Canvasser be fully prepared?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
14. What example in dress and deportment can be expected by the Canvasser?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
15. What characteristic in voice and speech can be expected by the Canvasser?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
16. What example in service can be expected by the Canvasser?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
17. What example in spiritual life can be expected by the Canvasser?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

**THE FAR-REACHING INFLUENCE OF OUR PUBLICATIONS**

- 18. **The Press God's Instrumentality** The press is a powerful means to move the minds and hearts of the people. . . . \_\_\_\_\_  
 \_\_\_\_\_ to be combined with the energies of the living preacher to bring the truth before all nations, kindreds, tongues, and peoples. Many \_\_\_\_\_ can be reached in no other way. Christian Experience, pp. 225-227. (1922)

**IMPACT OF OUR PUBLICATION**

- 19. **Influence of Our Publications.**--I have been shown that our publications should be printed in \_\_\_\_\_  
 \_\_\_\_\_. What is the value of money at this time, in comparison with the value of souls? . . . {CM 149.1}

**ENCOURAGEMENT**

- 20. **A Thousand Ways.**--Our heavenly Father has \_\_\_\_\_  
 \_\_\_\_\_. Those who accept the one principle of making the service of God \_\_\_\_\_, will find \_\_\_\_\_  
 \_\_\_\_\_.  
 The Ministry of Healing, p. 481. (1905)

## PROPHETIC GUIDANCE

### The Life of Ellen G. White

**NHTLH 20**

**3 credits**

#### THE HARMON FAMILY

1. What were the names of Ellen’s parents? \_\_\_\_\_  
\_\_\_\_\_
2. What were the names of Ellen’s siblings?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
3.
  - a. What was Ellen’s full name? \_\_\_\_\_
  - b. In what year was Ellen born? \_\_\_\_\_

#### EARLY LIFE OF ELLEN GOULD HARMON

4. What work did Ellen’s father do? \_\_\_\_\_
5. Describe Ellen’s misfortune, which occurred at the age of nine?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Why caused Ellen to stop attending school? \_\_\_\_\_
7. At what age did Ellen first hear the second advent message and by whom? \_\_\_\_\_  
\_\_\_\_\_
8. What thoughts terrified Ellen so much that she spent nights in prayer?  
\_\_\_\_\_
9. After much prayer, what thoughts brought comfort to Ellen?  
\_\_\_\_\_
10. State the date on which Ellen and her twin sister were baptized into the Methodist Church?  
\_\_\_\_\_
11.
  - a. Give the name of the Minister that baptized Ellen and her sister? \_\_\_\_\_

- b. Where and how were they baptized? \_\_\_\_\_
- 12. Describe Ellen’s experience in anticipation of Jesus’ second coming in 1844?  
\_\_\_\_\_
- 13. What did Ellen and others do after the great disappointment?  
\_\_\_\_\_
- 14. What significant truth was revealed to Hiram Edson on 23 October 1844, and where was he when he received it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 15. What special work was God preparing Ellen for? \_\_\_\_\_  
\_\_\_\_\_

**JAMES SPRINGER WHITE**

- 16. In what year was James Springer White born and where? \_\_\_\_\_  
\_\_\_\_\_
- 17. What was James White’s first occupation? \_\_\_\_\_
- 18. Into which church was James White baptized? \_\_\_\_\_
- 19. In what year did James White become an ordained minister? \_\_\_\_\_

**MARRIAGE AND FAMILY**

- 20. In what year was James and Ellen married and where? \_\_\_\_\_  
\_\_\_\_\_
- 21. How did Ellen and James White come to know and observe Saturday as the true Sabbath?  
\_\_\_\_\_  
\_\_\_\_\_
- 22. How many children did James and Ellen White have and what were their names?  
\_\_\_\_\_  
\_\_\_\_\_
- 23. What was the name of the son who worked with the African American people in the South?  
\_\_\_\_\_
- 24. What was the name of the son that accompanied Sis. White in her work after Bro. White died? \_\_\_\_\_
- 25.
  - a. Which of Ellen’s two young sons died? \_\_\_\_\_
  - b. What were their ages? \_\_\_\_\_
  - c. What was the cause of their death? \_\_\_\_\_



**ACUTE PRIVATION IN THEIR HOME**

26. Explain why Ellen and James were deprived of luxuries in life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MAKE KNOWN TO OTHERS WHAT I HAVE REVEALED TO YOU**

27. Give the names of two other Millerites who received visions similar to those given to Sis. White? \_\_\_\_\_
28. Approximately how many visions and dreams did Sis. White receive? \_\_\_\_\_
29. Describe Sis. White’s vision experience when she went into vision and when she came out of it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
30. A foresight of glory was a unique experience for Sis. White. Did she ever claim to be more holy than others? \_\_\_\_\_  
\_\_\_\_\_
31. In what year did Ellen White have her first vision and what was it about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
32. In what year did Ellen White have her second vision and what was it about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
33. What key message was given to Ellen White to instruct her to go public with her visions? \_\_\_\_\_
34. Describe the bible test experience, which proved Ellen’s visions were from the Lord? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

35. When did Ellen receive her last vision and what was it about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SPEAKING IN PUBLIC**

36. What were three possible reasons why Ellen was timid to share her visions? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

37. Give two amazing experiences of Ellen White in her speaking experience? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

38. What reputation did Ellen acquire for her speaking capabilities? \_\_\_\_\_  
\_\_\_\_\_

39. What was the largest number of people to be addressed by Ellen White and when and what did she talk to them about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WRITE OUT THE INSTRUCTION I GIVE YOU**

40. In Ellen’s young age, why was she unable to write? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

41. What did the angel of the Lord say to Ellen? \_\_\_\_\_  
\_\_\_\_\_

42. At one time, Sis. White wrote messages that addressed situations in Southern California, people were convinced that her son William told her of those situations and she wrote about them; what was her response when asked about her messages for that time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- 
- 
43. What was the name of the paper, which was published in 1855 to give special messages to the Church? \_\_\_\_\_
- 
44. How many documents did Ellen White write in her lifetime? \_\_\_\_\_
- 
45. Should the writings of Ellen White stand above the Bible? \_\_\_\_\_
- 
46. Does the Holy Spirit give inspiration other than the Bible? \_\_\_\_\_
- 
47. What book was published in 1884? \_\_\_\_\_
48. What book was revised and published in 1888? \_\_\_\_\_
49. What book was published in 1890? \_\_\_\_\_
- 
50. What book was published in 1898? \_\_\_\_\_
51. How easy was it for Ellen White to express the scenes shown to her? \_\_\_\_\_
- 
- 
- 
- 
- 

**THE PUBLISHING MINISTRY**

52. What was the name of the first paper issued by James White and in what year?  
\_\_\_\_\_
53. What was the name of Ellen White’s first book and when was it published? \_\_\_\_\_
- 
54. When and where was the first printing office established? \_\_\_\_\_
- 
55. What was the name of the paper for the youth and in what year was it first issued?  
\_\_\_\_\_
56. What was one of the main reasons why Bro. White asked for the Review to be owned by the Church? \_\_\_\_\_
- 
-

- 57. In what year did the Review and Herald publishing house move to Michigan and where was its first home? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 58. What two decisions were made at the General Conference of 1857? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 59. Describe the system of Systematic Benevolence as established in 1859? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**THE SEVENTH-DAY ADVENTIST CHURCH**

- 60. What prompted the believers to organize and choose a name? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 61. State the date when the believers decided a name was to be adopted? \_\_\_\_\_  
\_\_\_\_\_
- 62. Who suggested the agreed name for the Church and what name was adopted?  
\_\_\_\_\_  
\_\_\_\_\_
- 63. In what year did the Church become an organized body? \_\_\_\_\_

**HEALTH REFORM**

- 64. What were the eating habits of the early believers and what were their thoughts for a healthy body? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 65. In what year did Ellen White receive the first vision on health and what was it about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 66. In what year did Ellen White receive the second vision on health and what was it about?

---

---

---

---

---

---

---

---

67. In what year did Ellen White receive the third vision on health and what was it about? \_\_\_\_\_

---

---

---

---

---

---

---

---

68. What important message was given to James and Ellen White at the same time as the third vision on health? \_\_\_\_\_

---

---

---

---

---

---

---

---

69. What action did James and Ellen take in their personal response to the health reform message? \_\_\_\_\_

---

---

---

---

---

---

---

---

70. What self-imposed measure did Ellen take upon herself to change her diet? \_\_\_\_\_

---

---

---

---

---

---

---

---

71. What was Sis. White's caution about extremes in health reform? \_\_\_\_\_

---

---

---

---

---

---

---

---

72. What was the name of the first health pamphlet that was published to help the people in health matters and who wrote it? \_\_\_\_\_

73. \_\_\_\_\_  
What was the name of the first health institute and in what year was it established?

74. \_\_\_\_\_  
What foods are not to be served in our Sanitariums? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NURSING AN INVALID HUSBAND**

75. What natural remedy was used to restore James White to health when he was sick with a stroke? \_\_\_\_\_

76. Why did Ellen White feel rejected by the Battle Creek Church and what did she do about it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

77. What kind of disposition did Elder White possess in latter years? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**LITERATURE EVANGELIST MINISTRY**

78. The Literature Evangelist work began with whom and in what year? \_\_\_\_\_  
\_\_\_\_\_

79. a. What was the vision of 1874 about? \_\_\_\_\_  
\_\_\_\_\_  
b. What was the name of the new magazine issued in 1874? \_\_\_\_\_  
\_\_\_\_\_

80. In what year was Battle Creek College established? \_\_\_\_\_

81. What was Ellen White shown in her vision of 3<sup>rd</sup> January 1875? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

82. What important events took place in 1877 to 1878? \_\_\_\_\_  
\_\_\_\_\_

---

---

---

83. What institution was established 1878? \_\_\_\_\_  
\_\_\_\_\_

**THE LAST SUNSET – JAMES WHITE**

84. Describe the ailments that lead to the death of James White? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

85. On what date did Bro. James White die and what was his age? \_\_\_\_\_  
\_\_\_\_\_

86. What were the feelings of Sis. White at the passing of her husband? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

87. What were Sis. White’s view on the question of remarriage for herself? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**EDUCATION**

88. What was the name of the first official SDA School and when was it established?  
\_\_\_\_\_  
\_\_\_\_\_

89. In what year was Healdsburg college established and what is it now called? \_\_\_\_\_  
\_\_\_\_\_

90. What was the name of the school in Oakland and when was it established? \_\_\_\_\_  
\_\_\_\_\_

91. State the name of the school for missionaries, where and when was it established?  
\_\_\_\_\_  
\_\_\_\_\_

92. Which book was donated for supporting the missionary college? \_\_\_\_\_  
\_\_\_\_\_

**MEDICAL MISSIONARY WORK**

- 93. Which work is most effective next to the gospel? \_\_\_\_\_  
\_\_\_\_\_
- 94. What simple remedy was used in the case of a bruised? \_\_\_\_\_  
\_\_\_\_\_

**TRAVELS TO EUROPE**

- 95. a. By what means did many in Northern Europe embrace the truth? \_\_\_\_\_  
\_\_\_\_\_
- b. Describe the conversion experience of some members? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 96. What European places were of popular interest to Ellen White? \_\_\_\_\_  
\_\_\_\_\_
- 97. Which countries did Ellen White see printing presses in her vision of 1875?  
\_\_\_\_\_  
\_\_\_\_\_
- 98. What advice did Ellen White have on presenting the Sabbath truth in new fields?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ELLEN IN AUSTRALIA**

- 99. In what year did Ellen White go to Australia and why did she go there? \_\_\_\_\_  
\_\_\_\_\_
- 100. What ailments did Sis. White suffer from in 1892? \_\_\_\_\_  
\_\_\_\_\_
- 101. How did Sis. White look upon her pain and sufferings? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



- 102. When and where was the first educational institution opened in Australia? \_\_\_\_\_  
\_\_\_\_\_
- 103. Where and when was the first Union Conference of the Seventh-day Adventist Church established? \_\_\_\_\_
- 104. Sis. White had a special message for the publishing treasurer of the Australian Conference. What was his name and what was the message about? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 105. What was God’s special plan for the new school in Cooranbong? \_\_\_\_\_  
\_\_\_\_\_
- 106. When and where was the first Camp Meeting held in Australia and what impact did it have in the community? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 107. What significant change did Sis. White make after the Brighton Camp Meeting?  
\_\_\_\_\_  
\_\_\_\_\_
- 108. On what date did Avondale School open its doors? \_\_\_\_\_
- 109. What special curriculum did the Avondale School follow that was in harmony with God’s plan? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 110. When was the first health institution established in Sydney and what was its name?  
\_\_\_\_\_
- 111. When was the Desire of Ages published? \_\_\_\_\_

**AFRICAN-AMERICAN OUTREACH**

- 112. What was the name of the floating mission home in the Southern states, and who headed the work there? \_\_\_\_\_  
\_\_\_\_\_

**RETURN TO THE UNITED STATES**

113. What was the name of the first home given to Sis. White when she returned to America?

\_\_\_\_\_

114. Describe some of the blessings she received in her new home? \_\_\_\_\_

\_\_\_\_\_

115. Describe Sis. White's vision received on March 2, 1907? \_\_\_\_\_

\_\_\_\_\_

116. Describe what the office activities was like at Elmshaven? \_\_\_\_\_

\_\_\_\_\_

117. What properties existed on the Elmshaven Estate in 1915? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**THE GREAT CONFERENCE OF 1901**

118. What was the major concern raised at the General Conference Session of 1901? \_\_\_\_\_

\_\_\_\_\_

119. Describe the condition of the Church at that time that caused it to require reorganization?

\_\_\_\_\_

\_\_\_\_\_

120. At a pre-meeting before the actual Session of 1901, what did Sis. White address the people on? \_\_\_\_\_

\_\_\_\_\_

121. On what date was the Great General Conference held and who was the President?

\_\_\_\_\_

122. Describe the message given by Sis. White to the membership at the General Conference Session of 1901?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

123. Describe the new structure which was suggested for the reorganization of the General Conference?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

124. What did the Committee finally agree for the reorganized body?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

125. What was the name of the first president of the Southern Union?

\_\_\_\_\_

\_\_\_\_\_

126. At what location was the General Conference finally established in 1903?

\_\_\_\_\_

\_\_\_\_\_

**THE LAST SUNSET – ELLEN G. WHITE**

127. What incident happened to Sis. White's in 1915 that weakened her body and on what date did it occur?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

128. State two encouraging messages given by Sis. White during her last days?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- 129. What did Sis. White say to her son William that gave assurance of her peace of mind? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 130. a. What objects were most precious to Sis. White's in her last days? \_\_\_\_\_  
\_\_\_\_\_
- b. Describe how she felt about them? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 131. What song did Sis. White sing frequently in her last days? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 132. What last counsel did Sis. White give to her grandchildren? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 133. What last counsel did Sis. White give to all youth? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 134. What were Sis. White's last words? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 135. Where and when did Sis. White die? \_\_\_\_\_  
\_\_\_\_\_
- 136. When and where was the first funeral service for Sis. White and approximately how many persons attended? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 137. When and where was the second funeral service for Sis. White and approximately how many persons attended? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 138. When and where was the third funeral service for Sis. White and approximately how many persons attended? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

139. Give some words of the song the choir sang at the Battle Creek funeral that you find appealing? \_\_\_\_\_

---

---

---

---

140. When and where was Sis. White buried? \_\_\_\_\_

---

---

---

## HOW TO STUDY DISEASES

**NHTLH 21**

**1 credit**

1. What is the first statement to make in making presentations?

---

---

2. Sickness and Disease are caused from 1 of 3 reasons, please state?

---

---

3. Is health spiritual?

---

---

4. What relation is there between disease and a cause?

---

---

5. What is the definition for Disease?

---

---

6. What are the true remedies for Disease?

---

---

---

---

7. Complete this statement: The first thing to be done is to ascertain the

\_\_\_\_\_ to remove  
the cause. (PATH p. 74 / MH p. 94)

8. Complete this sentence: If the harmonious working of the system has become unbalanced by \_\_\_\_\_, \_\_\_\_\_, or other \_\_\_\_\_, do not endeavor to adjust the difficulties by adding a burden of \_\_\_\_\_.  
PATH p. 74 / MH p. 94

9. What should one do if he gets sick? MH p. 44  
In the case of sickness, the cause should be \_\_\_\_\_  
\_\_\_\_\_  
re-establish right conditions in the system.
10. The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of \_\_\_\_\_, and to the impatient it seems \_\_\_\_\_. The surrender of hurtful indulgences requires \_\_\_\_\_. MH p. 44
11. But in the end it will be found that nature, \_\_\_\_\_, does her work \_\_\_\_\_. Those who persevere in obedience to her laws will reap the reward in health of \_\_\_\_\_ and health of \_\_\_\_\_. MH p. 44
12. Do Drugs cure Disease? If the harmonious working of the system has become unbalanced by \_\_\_\_\_, \_\_\_\_\_ or other irregularities do not endeavor to adjust the difficulties by adding a burden of \_\_\_\_\_.  
(PATH p. 74 / MH p. 94)
13. Too \_\_\_\_\_ is generally given to the \_\_\_\_\_ of health.  
It is far better to \_\_\_\_\_ than to know how to treat it when contracted. MH p. 128
14. By the use of poisonous drugs, many bring upon themselves \_\_\_\_\_, and many lives are lost that might be \_\_\_\_\_ by the use of \_\_\_\_\_
15. \_\_\_\_\_ of healing. MH p. 128
16. What is the most effective method of teaching?  
\_\_\_\_\_  
\_\_\_\_\_
17. How should questions from the audience be handled?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

---

---

---

---

18. Do topic titles matter? If so, why?

---

---

19. How should a lecture be structured?

---

---

---

---

---

---

20. Describe the Faucet concept in disease reversal?

---

---

---

---

---

---

21. Complete these principles:

\_\_\_\_\_ the faucet. \_\_\_\_\_ the stopper. Then  
\_\_\_\_\_. This is the method to use in \_\_\_\_\_.



## INTRODUCTION TO MASSAGE

**NHTLH 22**

**1 credit**

1. *Fill in the blank.* His \_\_\_\_\_ imparted life giving power.
2. The first rule in massage therapy is: \_\_\_\_\_
3. In preparing our hands for a massage what are some techniques that we can follow:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
4. Give four forms of coordination:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
5. When massaging a patient, you need to use your strength and not your weight.  
True or False
6. Natural means used in accordance with God's will brings about \_\_\_\_\_ results. We ask for a \_\_\_\_\_ and the Lord directs the mind to some \_\_\_\_\_ remedy.
7. Among the first things to be aimed at is correct position, both in \_\_\_\_\_ and in \_\_\_\_\_.
8. Name one of the ways animals utilize massage. \_\_\_\_\_  
\_\_\_\_\_
9. The sequence of the massage is: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
10. Name two conditions that can be helped by massage: \_\_\_\_\_, \_\_\_\_\_
11. Give a list of the physical benefits of massage:

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_
- i. \_\_\_\_\_
- j. \_\_\_\_\_
- k. \_\_\_\_\_
- l. \_\_\_\_\_

12. Why is it important to ask the patient how they feel during the massage? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. Name one of the best ways to identify how the patient is responding to the massage. \_\_\_\_\_  
\_\_\_\_\_

14. Describe the stress zone area (muscles). \_\_\_\_\_  
\_\_\_\_\_

15. Why is it important to watch for the intensity of the manipulations towards the lower back.  
\_\_\_\_\_  
\_\_\_\_\_

16. There is a difference between a therapeutic massage and a medical massage. True or False

17. Name five of the contraindications for a massage.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

18. Give a few physiological effects of massage on the body.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

- d. \_\_\_\_\_
  - e. \_\_\_\_\_
19. Always start in the \_\_\_\_\_ location on the body. Start \_\_\_\_\_ and end \_\_\_\_\_.
20. In all the methods the \_\_\_\_\_ is the same. We are looking for the \_\_\_\_\_ technique to obtain the \_\_\_\_\_ results.
21. The room should be \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
22. Once you make contact with the person, never \_\_\_\_\_ them.
23. List in order and explain the manipulations for a massage as demonstrated on the tape:
- a. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - b. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - c. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - d. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - e. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - f. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - g. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - h. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_
  - i. \_\_\_\_\_ : \_\_\_\_\_  
\_\_\_\_\_

24. Explain three types of Tapotements:

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_
- c. \_\_\_\_\_  
\_\_\_\_\_

25. To wind down reverse from \_\_\_\_\_ to \_\_\_\_\_.

26. End with nerve stroke \_\_\_\_\_.

27. What is the duration of a chair massage for a health expo? \_\_\_\_\_  
\_\_\_\_\_

28. Real-life scenario: Imagine that you are at a Health Expo and you are in charge of the REST BOOTH. You realize that there are no professional chair massage chairs. Are there some simple tools you can use, or would you skip the 5-minute chair massage? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

29. Why is massage an effective outreach tool in reaching out to others? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## INTRODUCTION TO HYDROTHERAPY

**NHTLH 23**

**1 credit**

1. What is Hydrotherapy? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
2. Name the three forms in which water is used?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. Name at least three advantages of hydrotherapy?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
4. Name some of the effects that Hydrotherapy has in the body? \_\_\_\_\_  
\_\_\_\_\_
  
5. “All gospel workers should know \_\_\_\_\_.” Ministry of Healing p. \_\_\_\_\_
  
6. Give two important points to remember about the room before giving a treatment?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
7. Give three important points that you need to remember as a therapist before giving a treatment?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
8. Mention a few points that you need to remember about the treatment?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

- 9. Give at least three points you need to consider in the patient before you start the treatment?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
- 10. What should you do if a patient starts hyperventilating? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 11. If you notice your patient is experiencing dizziness, faintness, or weakness, what could be the cause? What would you do? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 12. What are two methods of making fomentations?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
- 13. Name four indications for a hot foot bath.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  
- 14. What are some contraindications or precautions for a hot foot bath? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
- 15. What equipment will you need for a hot foot bath?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  
- 16. Mention the steps of the hot foot bath?
  - m. \_\_\_\_\_
  - n. \_\_\_\_\_

- o. \_\_\_\_\_
- p. \_\_\_\_\_
- q. \_\_\_\_\_
- r. \_\_\_\_\_
- s. \_\_\_\_\_
- t. \_\_\_\_\_
- u. \_\_\_\_\_
- v. \_\_\_\_\_
- w. \_\_\_\_\_

17. Name four indications for a general revulsive?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

18. What are two precautions for the general revulsive treatment?

- a. \_\_\_\_\_
- b. \_\_\_\_\_

19. How would you prepare for the general revulsive treatment? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

20. "Natural means used in accordance with \_\_\_\_\_ , brings about \_\_\_\_\_ . We ask for a miracle, and the Lord directs the mind to some \_\_\_\_\_ ." 2 Selected Messages p. \_\_\_\_\_

## REVERSING CHOLESTEROL

**NHTLH 24**

**2 credits**

1. Cholesterol is a \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ found in the blood.
2. Give three symptoms of high blood cholesterol? \_\_\_\_\_  
\_\_\_\_\_
3. State five functions of Cholesterol in the body?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
4. Which organ manufactures Cholesterol? \_\_\_\_\_
5. Which foods contain Cholesterol? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_ causes Cholesterol to jump by \_\_\_\_\_ a few hours after use.
7. State four non-dietary causes of Cholesterol? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. American Health Association states that a good cholesterol level should be \_\_\_\_\_
9. Plaque deposit build up occurs at what cholesterol level? \_\_\_\_\_
10. Individuals with levels of less than \_\_\_\_\_ have never once had a heart attack.
11. For optimal health the cholesterol level should be \_\_\_\_\_
12. HDL means \_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_

13. Ideal HDL level for men is \_\_\_\_\_

14. HDL level to protect the heart of men should be \_\_\_\_\_

15. Ideal HDL level for women is \_\_\_\_\_

16. LDL means \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

17. Ideal LDL level should be \_\_\_\_\_

18. For optimal health LDL should be \_\_\_\_\_

19. Triglycerides means \_\_\_\_\_  
\_\_\_\_\_

20. Ideal Triglycerides level should be \_\_\_\_\_

21. To reverse High Blood Cholesterol, state seven foods that should be excluded from the diet?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

22. To reverse High Blood Cholesterol, state seven foods that should be included in the diet?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_

23. To reverse High Blood Cholesterol, what lifestyle changes should one make?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_
- i. \_\_\_\_\_
- j. \_\_\_\_\_

24. To reverse High Blood Cholesterol, what herbal treatments would you recommend?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_
- i. \_\_\_\_\_
- j. \_\_\_\_\_
- k. \_\_\_\_\_
- l. \_\_\_\_\_

## REVERSING HYPERTENSION

**NHTLH 25****2 credits**

1. What is Hypertension? \_\_\_\_\_  
\_\_\_\_\_
2. Does hypertension have any symptoms? If so, what are they?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What is the optimal normal range for blood pressure?  
\_\_\_\_\_
4. What is the high range for hypertension?  
\_\_\_\_\_
5. Give three possible secondary causes of hypertension?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
6. Give two possible primary causes of hypertension?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
7. How can one avoid being hypertensive if they he/she a hereditary tendency to hypertension?  
\_\_\_\_\_
8. What type of salt is best to use in the diet? \_\_\_\_\_  
Why is salt necessary in the diet of a hypertensive person? \_\_\_\_\_  
\_\_\_\_\_
9. Potassium is necessary for the \_\_\_\_\_, the \_\_\_\_\_ and other organs to work normally.

10. Name four foods that are high in potassium that is required if someone is low in this nutrient?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  
11. Give three nutrient reasons why one should avoid meat if he/she is hypertensive.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  
12. Nuts, seeds, peas and beans are foods that the body converts its amino acid called \_\_\_\_\_ . L-Arginine produces nitric oxide. Nitric oxide relaxes the \_\_\_\_\_ that dilates thus lowering the blood pressure.
  
13. One handful of \_\_\_\_\_ or \_\_\_\_\_ are excellent in lowering high fat in our meal and lowering hypertension.
  
14. What does caffeine do to our body that can cause hypertension? \_\_\_\_\_
  
15. Give six examples of stimulating drinks or foods?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  
16. Why is sleep important to the hypertensive person? \_\_\_\_\_
  
17. Serotonin is produced in the \_\_\_\_\_ which converts to melatonin in the \_\_\_\_\_. If one eats after \_\_\_\_\_, the production of melatonin is stopped.
  
18. While Cortisol hormone is good to give us the energy we need. Too much Cortisol causes \_\_\_\_\_ in the \_\_\_\_\_ which will lead to an \_\_\_\_\_ in blood pressure.
  
19. Exercising for \_\_\_\_\_ at least six to eight days a week can lower the blood pressure.
  
20. The kidneys overcompensate because of \_\_\_\_\_ intake which can cause low blood volumes. When the water volume is low, the kidneys increase pressure to compensate for lack of water this in turn \_\_\_\_\_ the blood pressure.
  
21. Hot or \_\_\_\_\_ water arm bath can lower the blood pressure.
  
22. Sunlight helps to \_\_\_\_\_ the blood pressure.

23. Intemperance, overeating, \_\_\_\_\_, \_\_\_\_\_, and stress can elevate blood pressure.

24. List six foods to avoid for treating hypertension?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

25. List eight foods to increase for treating hypertension?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_

25. Give six lifestyle changes to reverse hypertension?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_

26. Give ten herbal treatments to reverse hypertension?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

## REVERSING DIABETES

**NHTLH 26**

**2 credits**

1. What is Diabetes? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. How many types of Diabetes exist? \_\_\_\_\_
3. What are the two main categories of Diabetes? \_\_\_\_\_
4. Describe Diabetes Insipidus? \_\_\_\_\_
5. Describe Diabetes Mellitus? \_\_\_\_\_
6. Normal glucose fasting level is between? \_\_\_\_\_
7. Above what level is established diabetes? \_\_\_\_\_
8. State and describe the three main symptoms of Diabetes?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. Describe Type one Diabetes? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. Describe Type 1.5 Diabetes? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. Describe Type two Diabetes? \_\_\_\_\_  
\_\_\_\_\_
12. Another name for Type three Diabetes is? \_\_\_\_\_

13. Describe Type three Diabetes? \_\_\_\_\_  
\_\_\_\_\_

14. State four causes of Type three Diabetes?  
a. \_\_\_\_\_ b. \_\_\_\_\_  
c. \_\_\_\_\_ d. \_\_\_\_\_

15. What should I do if my blood sugar level is dropping? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

16. Why is it important to walk casually 15 to 30 minutes after each meal? \_\_\_\_\_  
\_\_\_\_\_

17. One hour of continuous \_\_\_\_\_ is equal to \_\_\_\_\_

18. How can a vegan vegetarian get Diabetes? \_\_\_\_\_

19. To reverse Diabetes, state seven foods that should be excluded from the diet?  
a. \_\_\_\_\_ b. \_\_\_\_\_  
c. \_\_\_\_\_ d. \_\_\_\_\_  
e. \_\_\_\_\_ f. \_\_\_\_\_  
g. \_\_\_\_\_

20. To reverse Diabetes, state seven foods that should be included in the diet?  
a. \_\_\_\_\_ b. \_\_\_\_\_  
c. \_\_\_\_\_ d. \_\_\_\_\_  
e. \_\_\_\_\_ f. \_\_\_\_\_  
g. \_\_\_\_\_

21. To reverse Diabetes, state five lifestyle measures to adopt?  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

22. To reverse Diabetes, state five herbal treatments to adopt?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_



## TREATING MENTAL HEALTH

**NHTLH 27**

**2 credits**

1. Depression has only slightly increased over the past 90 years or so. True or False
2. Which of the following are symptoms of clinical depression?
  - a. Loss of interest or pleasure
  - b. Hearing voices
  - c. Difficulty sleeping
  - d. Both A & B
3. Depression increases the risk of \_\_\_\_\_ (name one physical disease).
4. All of the following are foods are high in tryptophan **EXCEPT**:
  - a. Pumpkin seeds
  - b. Tofu
  - c. Broccoli
  - d. Black-eyed peas
5. All carbohydrates should be avoided in cases of depression. True or False.
6. What is one food that is high in omega-3 and can help with depression? \_\_\_\_\_
7. Name two types of exercises that can decrease depression. \_\_\_\_\_  
\_\_\_\_\_
8. How can water be helpful (used internally or externally) be helpful for depression? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. Our thoughts affect which of the following:
  - a. Behavior
  - b. Body
  - c. Feelings
  - d. All of the above.
10. Name one lifestyle practice that has an effect on our thoughts. \_\_\_\_\_  
\_\_\_\_\_
11. Give one Bible verse we can use to help us with our thoughts. \_\_\_\_\_  
\_\_\_\_\_

---

---

12. Studies show that \_\_\_\_\_ (a spiritual/emotional cause of disease) causes all the symptoms of orally administered steroids which include muscle wasting, changes in weight, and poor healing.

13. Many are in psychiatric hospitals because they suffer from \_\_\_\_\_ (a spiritual/emotional cause of disease).

14. Identify a story in the Bible that shows the correlation between disease and spirituality (or, a spiritual cause of disease). \_\_\_\_\_

---

---

15. All guilt is bad and should be avoided. True or False

16. All of the following have a negative effect on the frontal lobe EXCEPT:

- a. Reading novels
- b. Being out in nature
- c. Watching entertainment TV
- d. Playing video games

17. Two hours of sleep before midnight is worth more than \_\_\_\_\_ hours of sleep after midnight.

18. Identify one law of the mind discussed in the mental health classes? \_\_\_\_\_

---

---

---

19. Once we lose our brain cells, there is nothing we can do to grow new ones.

True or False

Explain: \_\_\_\_\_

---

20. What is one other principle/teaching that you learned from the mental health section of the health training program? \_\_\_\_\_

---

## TREATING DEPRESSION

**NHTLH 28**

**2 credits**

1. By the year 2020 Depression will be the \_\_\_\_\_.
2. It's natural to feel down sometimes, but if that low mood lingers \_\_\_\_\_ after \_\_\_\_\_, it could signal \_\_\_\_\_.
3. Major depression is an episode of sadness or apathy along with other symptoms that lasts at least \_\_\_\_\_ consecutive weeks and is severe enough to \_\_\_\_\_.
4. Depression increases the risk for:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
  - h. \_\_\_\_\_
5. Symptoms of Depression are:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
  - h. \_\_\_\_\_
  - i. \_\_\_\_\_
  - j. \_\_\_\_\_
6. Females suffer more from depression because of \_\_\_\_\_ issues, the \_\_\_\_\_ between estrogen and progesterone e.g. emotional depression and postpartum depression after pregnancy

7. When can a diagnosis of Depression take place?
  - a. If you are experiencing \_\_\_\_\_ or more of these classical symptoms, a Psychologists would say you are experiencing major depression.
  - b. If \_\_\_\_\_ than 5, you would be told it is a mild form of depression.
  
8. What are the causes of Depression?
 

A prominent theory is altered \_\_\_\_\_ structure and \_\_\_\_\_ function.
  
9. Chemicals called \_\_\_\_\_ become unbalanced. What pushes these chemicals off course? One possibility is the stress of a \_\_\_\_\_ event, such as losing a loved one or a job.
  
10. Other triggers of depression could include:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  
11. What conventional treatments are offered for depression?
  - a. Medicines such as: \_\_\_\_\_
  - b. \_\_\_\_\_ Therapy
  
12. “It cannot be too often repeated that whatever is taken into the \_\_\_\_\_ affects not only the \_\_\_\_\_ but ultimately the \_\_\_\_\_ as well”. (MCP vol. 1 pg. 235)
  
13. Tryptophan is \_\_\_\_\_
  
14. Foods rich in Tryptophan are \_\_\_\_\_
  
15. Serotonin is a neurotransmitter that regulates many functions, including \_\_\_\_\_
  
16. Which of the eight laws enhances serotonin? \_\_\_\_\_
  
17. Foods rich in Omega 3 are \_\_\_\_\_

18. What are some lifestyle changes that can alleviate depression?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. Hot and cold showers (contrast shower)
    - a. 3 minutes \_\_\_\_\_, 30 seconds - 1 minute \_\_\_\_\_
    - b. Use for 6 months then adhoc - This raises \_\_\_\_\_ in the brain (serotonin, dopamine, norepinephrine)
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
19. The influence of pure, fresh air is to cause the blood to circulate \_\_\_\_\_ through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the \_\_\_\_\_, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces \_\_\_\_\_, sweet sleep.-- (T., V. I, p. 702)
20. What are some dietary changes that can alleviate depression?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  - f. \_\_\_\_\_
  - g. \_\_\_\_\_
  - h. \_\_\_\_\_
21. What are some herbal treatments which can be recommended for treating depression?
- a. \_\_\_\_\_
  - b. \_\_\_\_\_

## DRESS REFORM

### NHTLH 29

**3 credits**

1. The sinless pair wore no \_\_\_\_\_ garments; they were clothed with a covering of \_\_\_\_\_ and glory, such as the angels wear. “And the eyes of them both were \_\_\_\_\_, and they knew that they were naked.” Gen. 3:7
  
2. As they looked at themselves, at each other, they were, for the first time, aware that they had no covering. The light, the precious light, was \_\_\_\_\_.
  
3. Does it matter how we dress? What does God say in the OT?  
Numbers 15:38-41  
Blue border on garment - to \_\_\_\_\_ them from the nations around them, and to signify that they were God's \_\_\_\_\_ people and to help them remember to be \_\_\_\_\_ and not go after the world.
  
4. The woman shall not wear that which pertaineth unto a \_\_\_\_\_, neither shall a man put on a woman's \_\_\_\_\_: for all that do so [are] \_\_\_\_\_ unto the LORD thy God. Deuteronomy 22:5
  
5. What does God say in the NT?  
In like manner also, that women adorn themselves in modest \_\_\_\_\_, with shamefacedness and sobriety; not with broided hair, or \_\_\_\_\_, or pearls, or costly array; But (which becometh women professing \_\_\_\_\_) with good works. 1 Timothy 2:9,10
  
6. Overview of the Dress Question at the time of Ellen White  
Fashion at the time of Ellen White:
  - Hoops, \_\_\_\_\_, long skirts \_\_\_\_\_ in the dirt
  - Corsets laced tight to compress waist- actually \_\_\_\_\_ the organs.
  - Bare \_\_\_\_\_ and arms while body heavily dressed
  - Awkward, \_\_\_\_\_, unhealthful!
 These extreme fashions promoted much disease...
  
7. The Pants Question  
In many cultures from the far distant past down to our own time there have existed cults and rites which required men and women to dress in the \_\_\_\_\_ of the other sex in \_\_\_\_\_ with some religious practice. Sometimes they not only dressed as

the opposite sex, but had to live as if of that \_\_\_\_\_ .... Cross-dressing was used to ward off the evil eye or demons. (Adonis, Attis, Osiris; 256)

8. In the vision at Otsego, Michigan, on \_\_\_\_\_, Mrs. White was given the message for our people on dress reform.

9. The Reform Dress

There is not one woman in a \_\_\_\_\_ who clothes her limbs as she should. Whatever may be the length of the dress, their \_\_\_\_\_ should be covered as thoroughly as are the men's. This may be done by wearing lined pants, gathered into a band and fastened about the ankle, or made full and tapering at the bottom; and these should come down long enough to meet the shoe. The limbs and ankles thus clothed are protected against a current of air.

10. If the feet and limbs are kept \_\_\_\_\_ with warm clothing, the \_\_\_\_\_ will be equalized, and the blood will remain pure and healthy because it is not chilled or hindered in its natural passage through the system. (1T 461).

11. The American Costume

This dress I have \_\_\_\_\_, from what has been shown me as in harmony with the word of God; while the other I have recommended as modest, comfortable, convenient, and \_\_\_\_\_. (1T 465:1)

12. "God \_\_\_\_\_ that there should be a plain distinction between the dress of men and women, and has considered the matter of sufficient importance to give explicit direction in regard to it FOR THE SAME DRESS WORN BY BOTH SEXES WOULD CAUSE \_\_\_\_\_ AND GREAT INCREASE OF CRIME." (1T 460)

13. No influence of American costume is worn to present the 3 angel's message...

Dress reform is a test. Tested for \_\_\_\_\_ – pride cherished in the heart T4 639.3

14. THE BOOMER COSTUME

"Those who feel called out to join the movement in favor of \_\_\_\_\_ rights and the so-called dress reform might as well \_\_\_\_\_ all connection with the third angel's message. The spirit which attends the one cannot be in harmony with the other. The Scriptures are plain upon the relations and rights of men and women. \_\_\_\_\_ have, to quite an extent, adopted this singular mode of dress. Seventh-day Adventists, who believe in the restoration of the gifts, are often branded as spiritualists. Let them adopt this costume, and their \_\_\_\_\_ is dead. The

people would place them on a level with spiritualists and would \_\_\_\_\_ to listen to them.” (1T 457:3).

15. Skirts and Dress Lengths

In June 1863 Sis. White was given a vision in which three groups of ladies passed before her. 1<sup>st</sup> group ... fashionably long, \_\_\_\_\_ skirt – too long  
2<sup>nd</sup> group ... extreme \_\_\_\_\_ dress that did not reach the knee – too short  
3<sup>rd</sup> group ... dress length was proper, \_\_\_\_\_ and \_\_\_\_\_.  
*RH 1867*

16. Ellen White and other ladies in Michigan put on their reform dress and the length was measured. It ranged from eight to ten inches from the floor, they then settled on a \_\_\_\_\_ length of \_\_\_\_\_ inches from the floor. 1T 461

17. State three characteristics of the "Reform Dress"

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

18. The "Less-Objectionable Dress"

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

19. Factors to consider in the length of woman's dress

Where does your dress reach when \_\_\_\_\_ down, when \_\_\_\_\_ over, when \_\_\_\_\_ overhead?

20. Is too much of the body being left exposed when you sit, bend, \_\_\_\_\_, or reach? In this, as with the slit skirts, many falter \_\_\_\_\_, not realizing how much of the body is actually being \_\_\_\_\_ to the world.

21. Does length also apply to men's clothing?

Moses was instructed to make, as part of the priests' clothing, breeches which were “to cover...from the loins even unto the thighs.” Ex. 28:42

22. David said the Lord “taketh not \_\_\_\_\_ in the legs of a man.” Ps. 147:10



## 23. Dress for Health

Perfect health depends upon perfect circulation. Special attention should be given to the \_\_\_\_\_, that they may be as thoroughly clothed as the chest and the region over the heart, where is the greatest amount of heat.... Satan invented the \_\_\_\_\_ which leave the limbs \_\_\_\_\_, chilling back the life current from its original course.... The result is, \_\_\_\_\_ cold feet and hands.  
2T 531

24. "Satan is constantly \_\_\_\_\_ some new \_\_\_\_\_ of dress that shall prove an \_\_\_\_\_ to physical and moral health; and he exults when he sees professed Christians eagerly accepting the fashions that he has invented. The amount of physical suffering created by \_\_\_\_\_ and \_\_\_\_\_ dress cannot be estimated. Many have become lifelong invalids through their compliance with the demands of fashion. Displacements and deformities, \_\_\_\_\_ and other terrible diseases, are among the evils resulting from \_\_\_\_\_ dress." 4T 634-5

25. "In order to maintain equal \_\_\_\_\_, there should be an equal distribution of clothing, which will bring \_\_\_\_\_ warmth to all parts of the body. The limbs that are the \_\_\_\_\_ from the vital organs, should be more thoroughly protected with warm coverings.

26. The extremities should be carefully guarded from cold and \_\_\_\_\_ by an additional amount of clothing. It is impossible for women to have, habitually, chilled limbs and cold feet, without some of the \_\_\_\_\_ organs being \_\_\_\_\_." HR 572.

27. When the extremities, which are remote from the vital organs, are not properly clad, the blood is driven to the \_\_\_\_\_, causing \_\_\_\_\_ or \_\_\_\_\_; or there is a sense of fullness about the chest, producing cough or \_\_\_\_\_ of the heart, on account of too much blood in that locality; or the stomach has too much blood, causing \_\_\_\_\_. 2T 531:2

28. "The limbs were not formed by our Creator to endure exposure, as was the face. The Lord provided the face with an immense \_\_\_\_\_, because it must be exposed. He provided, also, \_\_\_\_\_ veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be \_\_\_\_\_ as warm as the body.

29. Women's Diseases

Much of the feebleness which is suffered by women is the result of \_\_\_\_\_ clothing of the extremities. Congestion of the pelvic organs can lead to \_\_\_\_\_, dysmenorrhea, cervical polyps and malposition of the uterus.

30. During pregnancy the placenta may not get a sufficient circulation of blood. As a result of a sluggish exchange of blood, the development of the fetus may be \_\_\_\_\_.

31. Vitality is expended unnecessarily to supply heat that is lost with insufficient clothing. Usually, proper dress also demands warm \_\_\_\_\_. Absorptive cotton for underclothing, not \_\_\_\_\_ fabrics, are often required to meet all the various needs of the body.

32. Disease has been transmitted from parents to children, from generation to generation. Infants in the cradle are miserably \_\_\_\_\_ because of the sins of their parents, which have lessened their vital force. Their wrong habits of eating and \_\_\_\_\_, and their general dissipation, are transmitted as an inheritance to their children. 3T 140.1

33. Chilling of the baby's extremities may cause \_\_\_\_\_ in the abdomen, where even a tablespoon of extra blood may distressfully crowd the organs. If the baby is also wearing clothing with tight bands, either around the \_\_\_\_\_ or thighs, the stage is set for \_\_\_\_\_.

34. Children's clothing need not be, and should not be, fashionable, but \_\_\_\_\_ and \_\_\_\_\_. RH 12/5/99

35. Men's pants that are too tight in the crotch endanger the delicate \_\_\_\_\_. Their injury from compression and excessive heat has been compared to receiving a certain quantity of \_\_\_\_\_

36. State seven principles to Keep Cool

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

37. When shopping for clothing what are the standards we should look for?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

38. What is Modesty?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

39. “The love of dress endangers the \_\_\_\_\_ and makes woman the opposite of the Christian lady characterized by modesty and sobriety. Showy, \_\_\_\_\_ dress too often encourages lust in the heart of the wearer and awakens \_\_\_\_\_ passions in the heart of the beholder.” 4T 645:2

40. In another place she calls the worldly fashions “\_\_\_\_\_” and says that many women will stoop to \_\_\_\_\_, theft, and even “sell their virtue, to be \_\_\_\_\_ dressed.” RH 10/31/71

41. “Fashions do not always come from heaven. Neither do they always come from the pure, the virtuous, and the good.” RH 4/14/68

42. Tight Clothing

Tight clothing is any article of clothing which shows and clearly \_\_\_\_\_ the form.

43. The most healthful clothing is suspended from the \_\_\_\_\_, rather than from tight \_\_\_\_\_ around the waist.

44. List seven types of design that exposes a woman’s breast or arms.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## 45. Hair Beauty

Among these “indulgences” she included wigs that, “covering the base of the brain, heat and excite the \_\_\_\_\_ nerves centering in the brain.” As a result of “following this deforming fashion,” she said, “many have lost their reason, and become hopelessly insane.” (*October 1871 issue of the Health Reformer, 76 Ellen White wrote of “hurtful indulgences”*)

46. “Consider the lilies of the field, how they grow; they toil not, neither do they spin: and yet I say unto you, That even Solomon is all his glory was not \_\_\_\_\_ like one of these.”

47. “True refinement does not find satisfaction in the adorning of the body for \_\_\_\_\_. The Bible teaches modesty in dress.....This forbids display in dress, gaudy colours, profuse \_\_\_\_\_. Any device designed to attract attention to the wearer or to excite admiration is excluded from the modest apparel which God's Word enjoins...

48. Self-denial in dress is a part of our \_\_\_\_\_ duty. To dress plainly and abstain from display of \_\_\_\_\_ and \_\_\_\_\_ of every kind is in keeping with our faith.” CG 423

## 49. Shoes

High Heel shoes can cause \_\_\_\_\_ of the spine.

50. Millions suffer from corns, calluses, bunions, \_\_\_\_\_, blisters, \_\_\_\_\_ toenails or just plain aching feet.

## 51. FASHION AND THE THIRD ANGEL MESSAGE

The more means persons expend in dress, the less they can have to feed the \_\_\_\_\_ and clothe the naked; and the streams of beneficence, which should be constantly flowing, are dried up. Every \_\_\_\_\_ used

unnecessarily deprives the spender of a precious \_\_\_\_\_ to do good.  
4T 645.3

52. Every \_\_\_\_\_ saved by denying one's self of useless \_\_\_\_\_ may be given to the needy or may be placed in the Lord's \_\_\_\_\_ to sustain the gospel, to send missionaries to foreign countries, to multiply publications to carry rays of light to souls in the darkness of error. 4T 645.3

53. And he said unto them, Ye are they which justify yourselves before men; but God \_\_\_\_\_ your hearts: for that which is highly \_\_\_\_\_ among men is \_\_\_\_\_ in the sight of God. Luke 16:15

54. God's loyal people are the \_\_\_\_\_ of the world, and the \_\_\_\_\_ of the earth. And they (we) should ever remember that our (your) \_\_\_\_\_ is of value. Were they (we) to exchange the extreme long, for the extreme short dress, they (we) would, to a great extent, \_\_\_\_\_ their (our) influence. Unbelievers, whom it is their (our) duty to benefit, and seek to bring to the Lamb of God, would be \_\_\_\_\_. Many improvements can be made in the dress of females in reference to health, without making so great a change as to disgust the beholder. 2SM 478.2

55. God has been testing His people.  
He allowed the \_\_\_\_\_ concerning dress to become silent, that our sisters might follow their own \_\_\_\_\_ and thus develop the real pride \_\_\_\_\_ in their hearts.

56. It was to prevent the present state of \_\_\_\_\_ that the reform dress was recommended.

57. Many scorned the idea that this dress was \_\_\_\_\_ to preserve them from following the fashions; but the Lord has permitted them to prove that pride was \_\_\_\_\_ in their hearts, and that this was just what they would do. It is now shown that they(WE) needed the \_\_\_\_\_ which the reform dress imposed. 4T 639.3

57. Love not the \_\_\_\_\_, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the

\_\_\_\_\_, and the lust of the eyes, and the pride of live, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God \_\_\_\_\_ forever. 1 John 2:15-17

## LIFESTYLE ASSESSMENT CASE STUDY

NHTLH 30

3 credits

**CONFIDENTIAL**

**INDIVIDUAL ASSIGNMENT**

**IMPORTANT**

**Please Note:** The health information received during this consultation is for general education and is not intended to be specific medical advice. No medical care, diagnosis, or treatment is provided during this consultation. *It is advisable to consult with one's personal health care provider before implementing any lifestyle changes.*

I release Natural Healing Through the Laws of Health, Lifestyle Counsellors or associated organizations from any and all liability. Participation in this consultation indicates acceptance of these terms.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### General Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: Home (\_\_\_\_) \_\_\_\_\_ Work: (\_\_\_\_) \_\_\_\_\_

Cell: (\_\_\_\_) \_\_\_\_\_ Email Address: \_\_\_\_\_

Church Affiliation: \_\_\_\_\_ How long have you been a member? \_\_\_\_\_

List any health concerns you have: (physical, mental, social or spiritual):

---

---

---

When did you last consult a physician? \_\_\_\_\_

Are you currently being treated for any ailments? Yes / No

If yes, which ones?

---

---

---

Please list any surgery that you have had (along with the date):

---

---

---

What diseases have you been diagnosed with? (please list all)

---

---

---

Are you presently experiencing any of the following: (please circle)

- |                      |                           |                    |
|----------------------|---------------------------|--------------------|
| Dizziness            | Numbness                  | Bad body odor      |
| Fainting             | Clammy skin               | Excessive sweating |
| Nausea               | Cold hands or feet        | Hair loss          |
| Pain                 | Constipation              | Fever              |
| Heart palpitations   | Diarrhoea                 | Infections         |
| Fatigue              | Indigestion / Acid Reflux | Bleeding           |
| Headaches            | Cold / Flu                | Weight loss        |
| Memory loss          | Blurred vision            | Weight gain        |
| Insomnia             | Swelling anywhere         | Sexual dysfunction |
| Difficulty breathing | Parasites / Worms         | Anemia             |



Do you suffer from any of the following emotional/mental disorders: (please circle)

- |               |                               |               |
|---------------|-------------------------------|---------------|
| Depression    | Chronic anxiety               | Bipolar       |
| Co-dependency | Manias                        | Schizophrenia |
| Phobias       | Obsessive compulsive disorder | Neurosis      |

What specific condition(s) would you like this consultation to address?

---



---



---

Age: \_\_\_\_\_ yrs.

Sex: (Circle one)      Male Female

Marital Status – (circle) Single, Married (1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup> or more), Divorced (1<sup>st</sup> / 2<sup>nd</sup> or more), Widowed

How long have you been married or divorced \_\_\_\_\_

Weight: \_\_\_\_\_ lbs.      Height: \_\_\_\_\_      Sedimentation Rate: \_\_\_\_\_

Blood Pressure: \_\_\_\_/\_\_\_\_      Pulse \_\_\_\_\_

Glucose: \_\_\_\_\_      Postprandial (2 hours after meal): \_\_\_\_\_

Cholesterol: \_\_\_\_\_      HDL: \_\_\_\_      LDL: \_\_\_\_\_      Triglycerides \_\_\_\_\_

Please list all medicines or pills you are currently taking:

---



---



---

Please list all supplements and/or herbs that you are taking (vitamins, minerals, nutritional drinks etc...)

---



---



---

**PURE AIR**

1. Where do you live? (Circle one) City      Suburbs      Country
2. Do you sleep with your windows open? Yes / No
3. Do you open your windows / doors daily to air out the home? Yes / No
4. Do you live or work in a smoke-filled environment? Yes / No
5. Do you have any smokers living in your home? Yes / No
6. Do you have live plants throughout your home? Yes / No
7. Are there any environments that you are in that do not have a good supply of fresh air? Yes / No
8. If so what are they? \_\_\_\_\_
9. Do you wear tight fitted clothing that restricts your lung expansion? Yes / No

**SUNLIGHT**

1. How much sun exposure do you get per day? \_\_\_\_\_
2. Do you sunbathe? Yes / No    If so how long? \_\_\_\_\_
3. Do you wear short sleeves? Yes / No
4. Do you use sun block? Yes / No / Sometimes
5. Do you have any abnormal sensitivity to the sun naturally or due to any medications? Yes / No
6. Do you take vitamin D supplements? Yes / No
7. Do you have any family history of skin cancer? Yes / No

<b>TEMPERANCE</b>
-------------------

1. What is your current occupation? \_\_\_\_\_
2. Please list your last five jobs and the years of service: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Do you smoke / use tobacco products in any form (i.e. chewing tobacco)? Yes / No
4. Did you use tobacco in the past? Yes / No If so how much and for how long? \_\_\_\_\_
5. Do you use alcohol in any form? Yes / No If so, how much and for how long? \_\_\_\_\_
6. Do you ingest caffeine in any form? Yes / No (e.g. coffee, teas, mate, colas, energy drinks, etc.)
7. If so, please list \_\_\_\_\_.
8. Do you overeat? Yes / No / Sometimes
9. Do you eat too fast? Yes / No / Sometimes
10. Do you chew your food thoroughly? Yes / No
11. Do you snack between meals? (this includes any food items and juice) Yes / No / Sometimes
12. List any desserts you eat? (include candies, cakes, or pies) \_\_\_\_\_
13. Do you eat at set meal times? Yes / No
14. Please list times for all meals: Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_ Supper \_\_\_\_\_
15. Would you say that your dress is healthful and modest? Yes / No
16. Please list your leisure activities (i.e. watching TV, reading, sports, dancing, board games etc...)  
\_\_\_\_\_
17. How much time do you spend on leisure activities? \_\_\_\_\_

18. Do you overwork? Yes / No / Sometimes

19. Please list any addictions \_\_\_\_\_

20. Have you been involved with substance abuse? Yes / No If so please list: \_\_\_\_\_

21. Do you read novels, science fiction, pornography, fashion magazines, computer games? Yes / No

22. If so, which ones? \_\_\_\_\_

23. Do you attend cinemas, dances, night clubs, house parties and amusement parks? Yes / No

24. If so, which ones? \_\_\_\_\_

25. Do you play any competitive sports? Yes / No

26. If so, what sports are they? \_\_\_\_\_

27. Please list all types of music that you listen to? \_\_\_\_\_

<b>REST</b>
-------------

1. What is your usual bedtime? \_\_\_\_\_

2. Do you wake up during the night? Yes / No / Sometimes

3. Do you snack before you go to bed? Yes / No / Sometimes

4. Do you sleep with the lights on? Yes / No / Sometimes

5. Do you work the night shift or swing shift? Yes / No / Sometimes

6. Do you wake up early in the morning and find it difficult to get back to sleep? Yes / No / Sometimes

7. Do you take sleeping pills? Yes / No

8. Do you make it a practice to get to bed at a certain time? Yes / No

9. Do you rest from labor at least one day per week? Yes / No

<b>EXERCISE</b>
-----------------

1. Do you exercise? Yes / No
2. How many times per week? \_\_\_\_\_ How many minutes per day? \_\_\_\_\_
3. How would you rate your exercise? (circle one) Mild          Moderate          Vigorous
4. What are your favorite exercise sessions?  
\_\_\_\_\_
5. How do you feel after you exercise?  
\_\_\_\_\_
6. Do you experience any pain while you are exercising? Yes? No

<b>PROPER DIET</b>
--------------------

**Circle one where needed**

1. Do you eat any meat or flesh items (chicken, turkey, pork, fish, shrimp etc...)? Yes / No
2. Do you eat any dairy items or eggs (i.e. milk, cheese, yogurt, chocolate etc...)? Yes / No  
Which ones? \_\_\_\_\_
3. Do you eat refined white products (i.e. white bread, white rice, white flour products, etc...)? Yes / No
4. How many servings of fruit per day? \_\_\_\_ How many servings of vegetables? \_\_\_\_
5. Do you use condiments (i.e. ketchup, mustard, mayonnaise, barbeque sauces, veggienaise, nayonnaise, salad dressings, pickles, vinegar, etc...)? Yes / No
6. Do you add any of the following spices to your foods: cinnamon, nutmeg, cloves, curry, hot sauces, and cayenne peppers, black and white peppers and etc? Yes / No
7. Do you eat fried foods? Yes / No If so, how often? \_\_\_\_\_

8. Do you use margarine or butter? Yes / No If so, how often? \_\_\_\_\_
9. Do you use baking powder or baking soda? Yes / No
10. Do you eat fresh bread? (bread eaten less than 48 hours after baking) Yes / No / Sometimes
11. Do you eat or drink any cocoa, chocolate or ice cream? Yes / No How often? \_\_\_\_\_
12. Which oils do you cook with? \_\_\_\_\_
13. Do you read the labels of food items that you buy from the store? Yes / No
14. List any sweeteners you consume (i.e. sugar, honey, splenda, sweet & low, equal or additional artificial sweeteners, etc...) \_\_\_\_\_
15. How much & often do you eat nuts? \_\_\_\_\_ Which ones? \_\_\_\_\_
16. Do you eat any canned items (beans, veggies, fruits, veggie meats etc...)? Yes / No
17. Which ones? \_\_\_\_\_
18. Are you on any special diet? Yes / No
19. If so, please list: \_\_\_\_\_
20. Do you eat out? Yes / No If so how often: \_\_\_\_\_
21. Do you use salt? Yes / No Does the salt contain iodine? Yes / No

<b>USE OF WATER</b>
---------------------

1. How many glasses of water do you usually drink per day? \_\_\_\_\_
2. What kind of water do you commonly drink? \_\_\_\_\_
3. Is your water filtered? Yes / No
4. At what temperature do you drink your water? (circle one) Hot Cold Room temp.
5. Do you eat ice? Yes / No

6. How many glasses of juice do you drink per day? \_\_\_\_\_
7. How many cans / bottles of soda per day? \_\_\_\_\_
8. What other liquid do you drink (i.e. tea, wine, alcohol, beer, soda, milk, vitamin water, etc...)?  
\_\_\_\_\_
9. Do you drink with your meals? Yes / No / Sometimes
10. What is the usual color of your urine? (clear, pale, slight yellow, yellow and dark yellow)

<b>TRUST IN DIVINE POWER</b>
------------------------------

1. Do you have a daily devotional time? Yes / No
2. If no, would you like to have one? Yes / No
3. Do you spend time reading the Bible daily? \_\_\_\_\_
4. Do you return a faithful systematic tithe, plus offerings? Yes / No
5. Do you have difficulty in trusting the Lord with your problems? Yes / No / Sometimes
6. Do you suffer any remorse, guilt, worry or fear at present? Yes / No
7. Do you believe that you have experienced the forgiveness of God in your life? Yes / No
8. Do you struggle with knowing God's will for your life? Yes / No
9. Would you consider your family to have good relations with each other? Yes / No
10. Do you have a spiritually strong immediate family? Yes / No?
11. Do you have peace with God and your fellow men? Yes / No
12. Have you broken any vows or promises to God that is within your power to fulfill? Yes / No
13. How has the Lord been treating you? \_\_\_\_\_

14. How have you been treating the Lord? \_\_\_\_\_

15. If the Lord were to come today, knowing the life that you are currently living, would you be saved? Yes / No **“Please answer this question within yourself.”**



**LIFESTYLE RECOMMENDATIONS**

**CONFIDENTIAL**

**MORNING DEVOTION**

Start with prayer

Sing a few hymns

Read a devotional book / Bible

**Read the conflict of the ages series**

1. Patriarchs and Prophets

2. Prophets and Kings

3. Desire of Ages

4. Acts of Apostles

5. Great Controversy

**God Cares series**

1. Daniel

2. Revelation

Close with a word of prayer

**PS: please read the scriptures when studying the conflict of the ages.**

**EVENING DEVOTION**

Start with prayer

Sing a few hymns

Do your lesson study

**Study health messages**

1. Pathways / Ministry of Healing

2. Counsels on Diet and Foods

3. Counsels on Health

4. Temperance

5. Health books

Close with a word of prayer

**DAILY SCHEDULE**

Time to get up: \_\_\_\_\_

Time for lunch: \_\_\_\_\_

Time for morning devotion: \_\_\_\_\_

Time for digestive walk: \_\_\_\_\_

Time for exercise: \_\_\_\_\_

Time for Supper: \_\_\_\_\_

Time for food preparation: \_\_\_\_\_

Time for digestive walk: \_\_\_\_\_

Time for breakfast: \_\_\_\_\_

Time for evening devotion: \_\_\_\_\_

Time for digestion walk: \_\_\_\_\_

Time for rest: \_\_\_\_\_

Special notes:

**SAMPLE MEAL 1**

- I. **Fruit:** 3-5 servings
- II. **Whole Grain Cereal sweetened with Fruit** 1 cup serving
- 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.
  - ¼ cup of pumpkin seed can be eaten with the breakfast cereal.
- III. **1-2 slice of whole grain bread with olive oil or natural nut butter.**
- End the meal with fats - spreads/nut butter (e.g. Tahini, almond, cashew)

**SAMPLE MEAL 2**

- I. **Raw Salad** (fruit or vegetable) small bowl
- II. **Steamed fruit or vegetable** ½ of the plate
- III. **Starches/Grains/Provisions** ¼ of the plate - Starches consist of (i.e. brown rice, baked potatoes, whole wheat pasta)
- IV. **Proteins** (legumes, nut or bean loaf) ¼ of the plate
- V. **Fats** (nut butter, closed handful of nuts)

*Recipes for nuts, grains, bean loaves and more can be found in the following cookbooks: It's All Good, Ten Talents, Seven Secrets, The Optimal Diet, Of These Ye May Freely Eat, Give Them Something Better and Encyclopedia of Foods and Their Healing Power vol. 3*

**TAKE NOTES OF LIFESTYLE CHANGES THAT NEED TO BE MADE:**

**PURE AIR:**

**SUNLIGHT:**

**ABSTEMOUSNESS:**

**REST:**

**EXERCISE:**

**PROPER DIET:**

**USE OF WATER:**

**TRUST IN DIVINE POWER:**

**HERBAL REMEDIES AND LIFESTYLE RECOMMENDATIONS**

**LIFESTYLE ASSESSMENT FORM**  
**CONFIDENTIAL**

**CLASS ACTIVITY**

**IMPORTANT**

**Please Note:** The health information received during this consultation is for general education and is not intended to be specific medical advice. No medical care, diagnosis, or treatment is provided during this consultation. *It is advisable to consult with one's personal health care provider before implementing any lifestyle changes.*

I release Natural Healing Through the Laws of Health, Lifestyle Counsellors or associated organizations from any and all liability. Participation in this consultation indicates acceptance of these terms.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**GENERAL INFORMATION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: Home (\_\_\_\_) \_\_\_\_\_ Work: (\_\_\_\_) \_\_\_\_\_

Cell: (\_\_\_\_) \_\_\_\_\_ Email Address: \_\_\_\_\_

**CHURCH AFFILIATION:** Why is it important to know what church affiliation they belong to?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**HOW LONG HAVE YOU BEEN A MEMBER?** How would you change your consultation when dealing with a new Adventist over a long-standing member?

---

---

---

**LIST ANY HEALTH CONCERNS YOU HAVE:** If someone is just concerned about one aspect (such as physical) would you just focus on that aspect to the neglect of others?

---

---

---

**WHEN DID YOU LAST CONSULT A PHYSICIAN?** If someone hasn't seen a physician for several years and has some serious health concerns what does that tell you?

---

---

---

**PLEASE LIST ANY SURGERY THAT YOU HAVE HAD:** If someone has had an organ removed (such as their gall bladder) how would that affect his or her health?

---

---

---

**WHAT DISEASES HAVE YOU BEEN DIAGNOSED WITH?** Someone has been diagnosed with a disease that you do not have not even heard of before, would you advise him or her to go to someone else, what would you do?

---

---

---

**ARE YOU PRESENTLY EXPERIENCING ANY OF THE FOLLOWING:**

Dizziness, Fainting, Nausea, Pain, Heart palpitations, Fatigue, Headaches, Memory loss, Insomnia, Difficulty breathing, Numbness, Clammy skin, Cold hands or feet, Constipation, Diarrhoea, Indigestion/Acid Reflux, Cold/Flu, Blurred vision, Swelling anywhere, Parasites/Worms, Bad body odor, Excessive sweating, Hair loss, Fever, Infections, Bleeding, Weight loss, Weight gain, Sexual dysfunction, Anemia

**DO YOU SUFFER FROM ANY OF THE FOLLOWING EMOTIONAL/MENTAL DISORDERS:** Please look up the clinical definitions of these disorders.

Depression \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Co-dependency \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phobias \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Chronic anxiety \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Manias \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Bipolar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Schizophrenia \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Neurosis \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WHAT SPECIFIC CONDITION WOULD YOU LIKE THIS CONSULTATION TO ADDRESS:** What would you evaluate if this were left blank?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MARITAL STATUS:** Someone has been married 3 times and they are only 40 years old, how may this information help you in evaluating their assessment?

---

---

---

**WEIGHT AND HEIGHT:** The person you are consulting is a woman who is 5 feet four inches and weighs 210 pounds, what should be her ideal body weight for average bone density?

---

---

---

**BLOOD PRESSURE:** Someone has a blood pressure of 120/100, is that a good pulse pressure, and if not why?

---

---

---

Someone has a blood pressure of 130/80, would you say that is healthy?

---

---

---

**GLUCOSE:** A person you are consulting has their glucose tested at 170 postprandial, would you say that is higher than it should be?

---

---

---

Someone fasting blood sugar is 45, would that concern you, and what would you do about it?

---

---

---

**CHOLESTEROL:** Someone has a LDL level of 100, and a HDL level of 80, what does this tell you?

---

---

---

You are asked in a consultation “How can I lower my cholesterol levels, what would you tell the person?

---

---

---

What does HDL do?

---

---

---

**TRIGLYCERIDES:** Under what level should the triglycerides be?

---

---

---

**PULSE RATE:** What is it and list the standard ranges from baby to adulthood?

---

---

**PLEASE LIST ALL MEDICINES OR PILLS YOU ARE CURRENTLY TAKING:**

Someone comes to you with a big bag of pills and look like they could have a heart attack, what caution should you exercise?

---

---

---

Someone asks you whether they should take their medicines that were prescribed by the doctor or not, what would you tell them?

---

---

**PLEASE LIST ALL SUPPLEMENTS AND / OR HERBS THAT YOU ARE TAKING:**

Someone comes to you with many supplementations and yet they do not know if they are even deficient, what advice would you give them?

---

---



**PURE AIR**

**WHERE DO YOU LIVE?** How can where we live influence our health?

---

---

**DO YOU SLEEP WITH YOUR WINDOWS OPEN?** Why is this important?

---

---

**DO YOU OPEN YOUR WINDOWS / DOORS DAILY TO AIR OUT THE HOME?** Why do we recommend this?

---

---

**DO YOU LIVE OR WORK IN A SMOKE- FILLED ENVIRONMENT?** Can someone who does not smoke develop lung cancer if they work in a smoke filled environment?

---

---

**DO YOU HAVE LIVE PLANTS THROUGHOUT YOUR HOME?** What can plants do to help improve air quality?

---

---

**ARE THERE ANY ENVIRONMENTS THAT YOU ARE IN THAT DO NOT HAVE A GOOD SUPPLY OF FERSH AIR?** What diseases can be caused through an improper supply of fresh air? List at least 3.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DO YOU WEAR TIGHT FITTED CLOTHING THAT RESTRICTS YOUR LUNG EXPANSION?** What clothes or clothing items can restrict lung expansion?

---

---

**SUNLIGHT**

**HOW MUCH SUN EXPOSURE DO YOU GET PER DAY?** What should be a minimum amount for a person to get who has dark skin?

---

---

---

**DO YOU SUNBATHE?** What time of the day would you recommend a sunbath?

---

---

---

**DO YOU WEAR SHORT SLEEVES?** How can short sleeves cause health problems?

---

---

---

**DO YOU USE SUNBLOCK?** What are some dangers in using sun block?

---

---

---

**DO YOU HAVE ANY ABNORMAL SENSITIVITY TO THE SUN NATURALLY OR DUE TO ANY MEDICATIONS?** What can cause sun sensitivities?

---

---

---

**DO YOU TAKE VITAMIN D SUPPLEMENTS?** Would you recommend vitamin D supplements to someone who had very low levels of vitamin D?

---

---

---

**DO YOU HAVE ANY FAMILY HISTORY OF SKIN CANCER?** Do genetics play a part to play in skin cancer?

---

---

---

**TEMPERANCE**

**WHAT IS YOUR CURRENT OCCUPATION?** Why do we ask this question?

---

---

---

**PLEASE LIST YOUR LAST FIVE JOBS AND THE YEARS OF SERVICE:** Someone puts on their last job they were a bar tender for 10 years, what influence might that be upon their present health?

---

---

---

**DO YOU SMOKE / USE TOBACCO PRODUCTS IN ANY FORM?** How would you counsel someone who does not want to give up their tobacco habit?

---

---

---

**DID YOU USE TOBACCO IN THE PAST?** How long does it take nicotine to get out of the system? (Check online to find out the answer).

---

---

---

**DO YOU USE ALCOHOL IN ANY FORM?** The person you are consulting tells you that studies show that moderate alcohol consumption increases the health of the heart, how would you respond?

---

---

---

**DO YOU INGEST CAFFEINE IN ANY FORM?** What diseases can be caused by the consumption of caffeine items?

---

---

---

**DO YOU OVEREAT?** What effects does overeating have on the system?

---

---

---

**DO YOU EAT TOO FAST?** How can we slow down the time it takes for us to eat a meal?

---

---

---

**DO YOU CHEW YOUR FOOD THOROUGHLY?** What food items can cause us not to chew our food properly?

---

---

---

**DO YOU SNACK BETWEEN MEALS?** What does snacking do to the digestive system?

---

---

---

**LIST ANY DESSERTS YOU EAT?** List any unhealthy desserts that are not healthy for the system to convert into good blood?

---

---

---

**DO YOU EAT AT SET MEAL TIMES?** Why is it important for our bodies to eat regularly every day?

---

---

---

**PLEASE LIST TIMES FOR ALL MEALS?** How much time should we allow for digestion between each meal?

---

---

---

**WOULD YOU SAY THAT YOUR DRESS IS HEALTHFUL AND MODEST?** Do a search in the Spirit of Prophecy on dress and give a list of principles that she outlines that make for appropriate dress. Give at least 3 principles.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**PLEASE LIST YOUR LEISURE ACTIVITIES:** Write at least 5 leisure activities that are not constructive to health of body and soul?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**HOW MUCH TIME DO YOU SPEND ON LEISURE ACTIVITIES?** What would you consider too much time, and give your reason why?

---

---

---

**DO YOU OVERWORK?** How can overworking wreck one's health?

---

---

---

**PLEASE LIST ADDICTION:** What is the definition of an addiction?

---

---

---

**HAVE YOU BEEN INVOLVED WITH SUBSTANCE ABUSE?** How might substance abuse of the past affect their present state of mind?

---

---

---

**DO YOU READ NOVELS, SCIENCE FICTION, PORNOGRAPHY, FASHION MAGAZINES, AND COMPUTER GAMES?** Someone informs you that they have a problem with pornography, how would you counsel them?

---

---

---

**DO YOU ATTEND CINEMAS, DANCES, NIGHT CLUBS, HOUSE PARTIES AND AMUSEMENT PARKS?** Why do you think we ask these questions?

---

---

---

**DO YOU PLAY ANY COMPETITIVE SPORTS?** List at least 3 dangers of competitive sports, from a physical, mental and spiritual level?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**PLEASE LIST ALL TYPES OF MUSIC THAT YOU LISTEN TO?** Do a search in the Bible and Spirit of prophecy and give at least 5 principles that give safe guidelines to God's standard of music? Please be thorough in your search, and don't put down your opinion. Remember we want God's ways, not our own.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**REST**

**WHAT IS YOUR USUAL BEDTIME?** What would be an ideal time to get to bed?

---

---

---

**DO YOU WAKE UP DURING THE NIGHT?** What can cause this?

---

---

**DO YOU SNACK BEFORE YOU GO TO BED?** How can snacking interrupt your sleep at night?

---

---

---

**DO YOU SLEEP WITH THE LIGHTS ON?** How does sleeping with the lights on influence your sleep?

---

---

---

**DO YOU WORK THE NIGHT SHIFT OR SWING SHIFT?** How does working night shift affect your biorhythms?

---

---

---

**DO YOU WAKE UP EARLY IN THE MORNING AND FIND IT DIFFICULT TO GET BACK TO SLEEP?** What would you recommend for this individual to do?

---

---

---

**DO YOU TAKE SLEEPING PILLS?** What will sleeping pills do to the body? Go to a PDR, OR GO ONLINE, and look up the side effects?

---

---

---

**DO YOU MAKE IT A PRACTICE TO GET TO BED AT A CERTAIN TIME?** Why is this important?

---

---

---

**DO YOU REST FROM LABOR AT LEAST ONE DAY PER WEEK?** How does the Sabbath influence our health?

---

---

---

**EXERCISE**

**DO YOU EXERCISE?** Why is exercise so vital to our health?

---

---

---

**HOW MANY TIMES PER WEEK?** How many times would you recommend?

---

---

---

**HOW WOULD YOU RATE YOUR EXERCISE?** Someone you are consulting is a marathon runner that does 20-mile runs every day (VIGOROUS FOR 2 HOURS A DAY), what would you advise them on such a program?

---

---

---

**WHAT ARE YOUR FAVORITE EXERCISE SESSIONS?** Why is walking the very best kind of exercise?

---

---

**HOW DO YOU FEEL AFTER YOU EXERCISE?** If someone feels bad after they exercise does it mean that they should stop exercising?

---

---

---



**DO YOU EXPERIENCE ANY PAIN WHILE YOU ARE EXERCISING?** Someone puts down that they have pain, especially in chest and radiating down their left arm, what advice would you give?

---

---

---

**PROPER DIET**

**DO YOU EAT ANY MEAT OR FLESH ITEMS:** What were the two reasons that flesh items was permitted by God to eat?

1. \_\_\_\_\_
2. \_\_\_\_\_

**HOW DOES FLESH EATING CONTRIBUTE TO DISEASE?**

---

---

---

**DO YOU EAT ANY DIARY PRODUCTS:** Why is it not safe for diary products to be eaten now?

---

---

---

**HOW MANY SERVINGS OF FRUIT & VEGETABLES PER DAY:** What is an optimal amount of servings per day?

---

---

---

**DO YOU USE CONDIMENTS?** What are some major problems with consuming vinegar?

---

---

---

**DO YOU EAT FRIED FOODS?** What does frying vegetable oils do to the molecular structure?

---

---

---

**DO YOU ADD ANY OF THE FOLLOWING SPICES TO YOUR FOODS?** What do these spices do to the stomach?

---

---

---

**DO YOU USE MARGARINE OR BUTTER?** What is the problem with these food items?

---

---

---

**DO YOU USE BAKING POWDER OR BAKING SODA?** What will these items do once they enter the stomach?

---

---

---

**DO YOU EAT FRESH BREAD?** Why is fresh bread not good for you to eat?

---

---

---

**DO YOU EAT ANY COCOA, CHOCOLATE OR ICE CREAM?** List the dangers of these three items:

**COCOA:**

---

---

---

**CHOCOLATE:**

---

---

---

**ICE CREAM:**

---

---

---

**WHICH OILS DO YOU COOK WITH?** What is the best oil to cook with, and why?

---

---

---

**DO YOU READ LABELS OF FOOD ITEMS THAT YOU BUY FROM THE STORE?**

When someone puts yes, what does this tell you?

---

---

---

**LIST ANY SWEETENERS YOU CONSUME:** Out of those items listed which one would you say is the safest?

---

---

---

**HOW MUCH & OFTEN DO YOU EAT NUTS?** Why are nuts important to the diet, and what part can they play in preventing heart disease?

---

---

---

**DO YOU EAT ANY CANNED ITEMS?** Someone you are consulting has hypertension and they eat a lot of canned items, what would you tell them about these items?

---

---

---

**ARE YOU ON ANY SPECIAL DIET?** Why don't diets work?

---

---

**DO YOU EAT OUT?** Why is it important to stay away from eating out?

---

---

---

**DO YOU USE SALT?** Someone you consult doesn't believe in using salt, what would you say to him or her?

---

---

---

**DOES THE SALT CONTAIN IODINE?** Why is iodine important, and what condition could result from not having enough in the diet?

---

---

---

**USE OF WATER**

**HOW MANY GLASSES OF WATER DO YOU USUALLY DRINK PER DAY?** What is a good amount of water for the average person to drink per day?

---

---

---

**WHAT KIND OF WATER DO YOU USUALLY DRINK PER DAY?** What would you say constitutes good healthy water?

---

---

---

**IS YOUR WATER FILTERED?** What water filters would you recommend, and why?

---

---

---

**AT WHAT TEMPERATURE DO YOU DRINK YOUR WATER?** How does the temperature of the water affect the stomach?

---

---

---

**DO YOU EAT ICE:** Craving ice can be a sign of what mineral deficiency?

---

---

**HOW MANY GLASSES OF JUICE DO YOU DRINK PER DAY?** What are some dangers of drinking too much juice?

---

---

---

**HOW MANY CANS / BOTTLES OF SODA PER DAY?** List some of the dangers of consuming these items?

---

---

---

**WHAT LIQUID DO YOU DRINK:** What are some problems with the following beverages?

**Tea:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Alcohol:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Beer:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Soda:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Milk:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO YOU DRINK WITH YOUR MEALS:** What is the physiological reason why we should not drink with our meals?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WHAT COLOR IS YOUR URINE NORMALLY?** What color should the urine be in the morning upon waking up?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**TRUST IN DIVINE POWER**

**DO YOU HAVE A DAILY DEVOTIONAL TIME?** What would you suggest as a minimum amount of time with the Lord each day?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO YOU SPEND TIME READING THE BIBLE DAILY?** How would you explain to someone the connection between reading the Bible and their health related concerns?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO YOU RETURN A FAITHFUL SYSTEMATIC TIHE, PLUS OFFERINGS?** How would withholding tithes lead to succumbing to disease? Give Bible reference

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO YOU HAVE DIFFICULTY IN TRUSTING THE LORD WITH YOUR PROBLEMS?**

If someone puts yes, how is that going to influence his or her stress levels?

---

---

---

**DO YOU SUFFER ANY REMORSE, GUILT, WORRY OR FEAR AT PRESENT?** How

do these emotions affect a person's health?

---

---

---

**DO YOU BELIEVE THAT YOU HAVE EXPERIENCED THE FORGIVENESS OF GOD**

**IN YOUR LIFE?** What does it tell you if a person puts no?

---

---

---

**DO YOU STRUGGLE WITH KNOWING GOD'S WILL FOR YOUR LIFE?** What has this

question got to do with one's health?

---

---

---

**WOULD YOU CONSIDER YOUR FAMILY TO HAVE GOOD RELATIONS WITH**

**EACH OTHER?** Why do we ask this question?

---

---

---

**DO YOU HAVE A SPIRITUALLY STRONG IMMEDIATE FAMILY?** What information

can this question give us in relation to health?

---

---

---

**DO YOU HAVE PEACE WITH GOD AND YOUR FELLOW MEN?** Someone puts on their

form yes with God and no with man, what would you ask them, and what would you tell them?

---

---

---

**HAVE YOU BROKEN ANY VOWS OR PROMISES TO GOD THAT IS WITHIN YOUR POWER TO FULFILL?** If someone puts yes, what would you ask him or her?

---

---

---

**HOW HAS THE LORD BEEN TREATING YOU?** Someone puts bad, how would you respond to that?

---

---

---

**HOW HAVE YOU BEEN TREATING THE LORD?** Someone puts wonderful and yet they are violating most of the spiritual and physical laws, how would you deal with that situation?

---

---

---

**IF THE LORD WERE TO COME TODAY, KNOWING THE LIFE THAT YOU ARE CURRENTLY LIVING WOULD YOU BE SAVED?** Why do we ask that question?

---

---

---



**LIFESTYLE RECOMMENDATIONS**

**CONFIDENTIAL**

**MORNING DEVOTION**

**Start with prayer**

**Sing a few hymns**

**Read a devotional book / Bible**

**Read the conflict of the ages series**

**1. Patriarchs and Prophets**

**2. Prophets and Kings**

**3. Desire of Ages**

**4. Acts of Apostles**

**5. Great Controversy**

**God Cares series**

**1. Daniel**

**2. Revelation**

**Close with a word of prayer**

**PS: please read the scriptures when studying the conflict of the ages.**

**EVENING DEVOTION**

**Start with prayer**

**Sing a few hymns**

**Do your lesson study**

**Study health message**

**1. Pathways / Ministry of Healing**

**2. Counsels on Diet and Foods**

**3. Counsels on Health**

**4. Temperance**

**5. Health books**

**Close with a word of prayer**

**DAILY SCHEDULE**

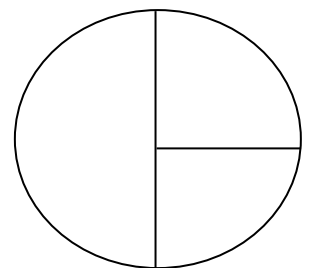
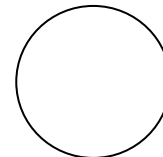
Time to get up: \_\_\_\_\_ Time for lunch: \_\_\_\_\_  
 Time for worship: \_\_\_\_\_ Time for digestive walk: \_\_\_\_\_  
 Time for exercise: \_\_\_\_\_ Time for supper: \_\_\_\_\_  
 Time for preparation: \_\_\_\_\_ Time for digestive walk: \_\_\_\_\_  
 Time for breakfast: \_\_\_\_\_ Time for evening worship: \_\_\_\_\_  
 Time for digestion walk: \_\_\_\_\_ Time for rest: \_\_\_\_\_  
 Special notes:

**SAMPLE MEAL 1 – BREAKFAST OR LUNCH**

- I. Fruit: 3-5 servings**
- II. Whole Grain Cereal sweetened w/Fruit 1 cup servings**
  - 2 Tablespoon of flax seed freshly grounded can be sprinkled over cereal at breakfast.
  - ¼ cup of pumpkin seeds can be eaten with the breakfast cereal.
- III. 1-2 slice of whole grain bread with natural almond butter.**  
 Other natural healthy spreads, nut butter is acceptable. (i.e. Tahini, Cashew)

**SAMPLE MEAL 2 – BREAKFAST OR LUNCH**

<b>I. Raw Salad Fruit or Vegetables –</b> eat raw item first	Side bowl
<b>II. Steamed Fruit or Vegetable s</b>	½ of the plate
<b>III. Starches/Grains/Provisions</b> Grains consist of starches (i.e. brown rice, baked potatoes, whole wheat pasta.)	¼ of the plate
<b>IV. Proteins:</b> (Legumes, nut or bean loaf, veggie burgers, beans, tofu)	¼ of the plate
<b>V. Fats:</b> end the meal with a slice or two of bread with nut butter, or handful of nuts	



*Recipes can be found in the following cookbooks: It’s all Good, Ten Talent, Give them something better, Seven Secrets, The Optimal Diet, Of These Yea May Freely Eat and Foods with their Healing Powers vol. 3.*

## COOKING SCHOOL

### NHTLH 31

1 credit

1. Choose \_\_\_\_\_ to \_\_\_\_\_ recipes to demonstrate. These may be breakfast or dinner or combinations of both.
2. Five winning recipes you would want to demonstrate at a cooking school are:
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
  - e) \_\_\_\_\_
3. To cater for different ethnic backgrounds, you may use \_\_\_\_\_ recipes but done in a healthy way.
4. Plan your lessons in \_\_\_\_\_, organize yourself for \_\_\_\_\_ lesson.
5. Prepare \_\_\_\_\_.
6. If you choose to prep on site, allow \_\_\_\_\_ to \_\_\_\_\_ hours ahead to allocate for prepping depending on the amount of recipes you are demonstrating.
7. In prepping, put all the ingredients for each recipe in a zip lock bag and carefully \_\_\_\_\_ it.
8. Prep only \_\_\_\_\_, not liquids. Any liquid should be kept in a \_\_\_\_\_.
9. Always \_\_\_\_\_ your nuts and seeds before use as there is no guarantee whether these items were packaged in a sanitary environment.
10. If an ingredient is not easily available, \_\_\_\_\_ or use an appropriate \_\_\_\_\_. e.g. substitute almond for cashew in a milk recipe or peanut butter for almond butter.
11. Vanilla \_\_\_\_\_ in the stomach and like other extracts it usually has alcohol in it.

12. \_\_\_\_\_ chips are an excellent substitute for chocolate in recipes. However, do ensure that it does not have hydrogenated oil in it.
13. Keep work area \_\_\_\_\_ and wash your \_\_\_\_\_ often.
14. The kitchen cannot be a \_\_\_\_\_.
15. Avoid taking \_\_\_\_\_ or talking \_\_\_\_\_ over the food.
16. Think carefully about the \_\_\_\_\_ so you don't accidentally save the long-cooking recipes for the end of the class.
17. Tell of the \_\_\_\_\_ of the dishes.
18. If you use recipes from cookbooks, display the books while you teach the recipes. Do not \_\_\_\_\_ for distribution.
19. Have food ready before hand to show for \_\_\_\_\_ to the audience.
20. Do not let the audience serve themselves because you may \_\_\_\_\_.

## MINISTRY OF HEALING

NHTLH 32

3 credits

### OUR EXAMPLE

1. Which did Jesus spend more of time doing, Healing the sick or Preaching? \_\_\_\_\_
2. *Fill in the missing word:* The Saviour made each work of healing an occasion for implanting divine \_\_\_\_\_ in the mind and soul.
3. *Complete the sentence:* The prince of teachers, He sought access to the people by the pathway of their most \_\_\_\_\_.
4. Christ neglected no opportunity of proclaiming what? \_\_\_\_\_  
\_\_\_\_\_

### DAYS OF MINISTRY

1. What are not essential to the advancement of the work of God? \_\_\_\_\_  
\_\_\_\_\_
2. In choosing men and women for His service, what does God ask? \_\_\_\_\_  
\_\_\_\_\_
3. What are the credentials that His followers are to bear to the world? \_\_\_\_\_  
\_\_\_\_\_

### WITH NATURE AND WITH GOD

1. What is revealed in the growth and development of nature? \_\_\_\_\_  
\_\_\_\_\_
2. All who are under the training of God need what? \_\_\_\_\_  
\_\_\_\_\_

### THE TOUCH OF FAITH

1. When the women who had an infirmity for twelve years touched Jesus' garment what did she feel in every fiber of her being? \_\_\_\_\_  
\_\_\_\_\_
2. *Complete the sentence:* True faith is that which receives Christ as a \_\_\_\_\_.
3. *Fill in the missing words:* A living faith means an increase of \_\_\_\_\_, a confiding \_\_\_\_\_, by which, through the \_\_\_\_\_ of Christ, the soul becomes a conquering power.

4. In Christ, God has provided means for subduing some evil trait and resisting every temptation, however strong. True / False
5. Of all the diseases known in the East what was most dreaded? \_\_\_\_\_
6. In some instances of healing, Jesus did not at once grant the blessing sought. True / False?
7. *Fill in the missing words:* The \_\_\_\_\_ and more \_\_\_\_\_ you know yourself to be, the stronger will you become in His strength.

### HEALING OF THE SOUL

1. The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. True / False
2. *Fill in the missing word about the paralytic:* He might have stopped to \_\_\_\_\_, and thus have lost his one chance of healing.
3. God does control our minds without our consent. True / False

### SAVED TO SERVE

1. What is Heaven's chosen agency for revealing Christ to the world? \_\_\_\_\_
2. *Finish the sentence:* Jesus did not consider heaven a place to be desired while.... \_\_\_\_\_
3. What will be more effective in reforming the evildoer than the sword or the court of justice?

### THE CO-WORKING OF THE DIVINE AND THE HUMAN

1. Who is the true head of the medical profession? \_\_\_\_\_
2. Physicians only endeavor to assist nature's work of healing. True / False
3. What happens when any part of the body sustains injury? \_\_\_\_\_
4. When Christ healed disease, what message of warning did he give many of the afflicted ones? \_\_\_\_\_
5. The physician has a continually increasing realization of what fact? \_\_\_\_\_
6. *Fill in the missing words:* They need to be taught that every practice which destroys the \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ energies is sin, and that health is to be secured through \_\_\_\_\_ to the laws that God has established for the good of all mankind.
7. What is it that gives man power to obey the laws of God? \_\_\_\_\_
8. *Finish the sentence:* The love which Christ diffuses through the whole being is .... \_\_\_\_\_

9. *Fill in the missing words:* The physician who desires to be an acceptable co-worker with Christ will strive to become \_\_\_\_\_ in every feature of his work. He will study \_\_\_\_\_, that he may be well qualified for the responsibilities of his profession, and will constantly endeavor to reach a \_\_\_\_\_ standard, seeking for increased \_\_\_\_\_, greater \_\_\_\_\_, and deeper \_\_\_\_\_.
10. In no place is a closer fellowship with Christ needed than in the work of the physician. True / False
11. *Complete the sentence:* The sick and suffering will have much more confidence in the physician who they are confident..... \_\_\_\_\_
12. Before performing a critical operation, what is the physician to do? \_\_\_\_\_
13. When the crisis is safely passed, and success is apparent, let a few moments be spent doing what? \_\_\_\_\_
14. Every physician isn't entrusted with the cure of souls, for it is the work of the minister. True / False
15. How did Jesus heal disease and cast out demons? \_\_\_\_\_

**THE PHYSICIAN AN EDUCATOR**

1. What practice that is laying the foundation of a vast amount of disease and of even more serious evils? \_\_\_\_\_
2. Why does the patient sometimes appear to recover as the result of the use of drugs? \_\_\_\_\_
3. *Complete the sentence:* The poisons contained in many so-called remedies create... \_\_\_\_\_
4. *Fill in the missing words:* Many of the popular nostrums called patent \_\_\_\_\_, and even some of the \_\_\_\_\_ dispensed by physicians, act a part in laying the foundation of the \_\_\_\_\_ habit, the \_\_\_\_\_ habit, the \_\_\_\_\_ habit, that are so terrible a curse to society.
5. List four steps that we should follow in the case of sickness?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
6. *Fill in the missing words:* They should understand the functions of the various \_\_\_\_\_ and the \_\_\_\_\_ of one upon another for the healthy action of all.
7. Health does depend on chance. True / False

8. *Complete the sentence:* The body is the only medium through which the... \_\_\_\_\_  
\_\_\_\_\_
9. When can we resist the temptations that assail us from within and from without? \_\_\_\_\_  
\_\_\_\_\_
10. What happens when one surrenders to Christ? \_\_\_\_\_  
\_\_\_\_\_
11. There is nothing that the world needs so much as what? \_\_\_\_\_  
\_\_\_\_\_
12. *Complete the sentence:* The physician can help these souls only as he... \_\_\_\_\_  
\_\_\_\_\_
13. In order to perform the physicians duties most successfully he needs to have what? \_\_\_\_\_  
\_\_\_\_\_
14. *Fill in the missing words:* One who lacks perfect \_\_\_\_\_ \_\_\_\_\_ cannot become qualified to deal with all classes of disease.
15. What is the physician's only safety is, under all circumstances? \_\_\_\_\_  
\_\_\_\_\_

### TEACHING AND HEALING

1. Who did Paul unite his labors with that was a disciple and a physician? \_\_\_\_\_
2. What will give true success in reaching the people? \_\_\_\_\_  
\_\_\_\_\_
3. What is the object of the medical missionary work? \_\_\_\_\_  
\_\_\_\_\_
4. What is the pioneer work of the gospel? \_\_\_\_\_  
\_\_\_\_\_
5. In teaching health principles, what are we to keep before the mind about the great object of reform?
6. *Complete the sentence:* Lead them to study that marvellous organism, the human system, and... \_\_\_\_\_  
\_\_\_\_\_
7. Everywhere there is a tendency to substitute the work of organizations for individual effort. True / False
8. Who are the most effective workers? \_\_\_\_\_
9. *Complete the sentence:* Nothing will so arouse a self-sacrificing zeal and broaden and strengthen the character as to... \_\_\_\_\_
10. *Fill in the missing word:* It is faith in Christ's \_\_\_\_\_ that gives strength and steadfastness.
11. *Fill in the missing words:* Those who have been trained for medical missionary work in foreign countries should be \_\_\_\_\_ to go without \_\_\_\_\_ where they expect to labor, and begin work among the people, learning the language as they work



12. Of all people in the world, reformers should be the most unselfish, the most kind, the most courteous. True / False
13. God's plan is first to reach where? \_\_\_\_\_
14. *Complete the sentence:* There is no limit to the usefulness of one who, putting self aside, makes room for the working of the... \_\_\_\_\_
15. To some people who offers himself to the Lord for service, withholding nothing, is given power for the attainment of measureless results. True / False
16. Why does God rejoice to bestow His grace upon us? \_\_\_\_\_  
\_\_\_\_\_
17. Our only claim to His mercy is what? \_\_\_\_\_
18. What is our greatest sin? \_\_\_\_\_

### SAVED BY HOPE

1. How did Christ treat those who had fallen the lowest? \_\_\_\_\_  
\_\_\_\_\_
2. *Complete the sentence:* Whatever the evil habits, the strong prejudices, or the overbearing passions of human beings, He met them all with... \_\_\_\_\_
3. Never should we cease to labor for a soul while there is one gleam of hope. True / False

### WORKING FOR THE INTEMPERATE

1. *Complete the sentence:* In dealing with the victims of intemperance we must remember that we are not dealing with sane men, but with those who for the time being are.... \_\_\_\_\_
2. *Fill in the missing words:* You must hold \_\_\_\_ to those whom you are trying to help, else \_\_\_\_\_ will never be yours. They will be continually tempted to evil. Again and again they will be almost overcome by the craving for \_\_\_\_\_; again and again they may \_\_\_\_\_; but do not, because of this, \_\_\_\_\_ your efforts.
3. God has not left us to battle with evil in what? \_\_\_\_\_
4. What is the governing power in the nature of man? \_\_\_\_\_
5. Can we change our hearts, control our thoughts, our impulses, and our affections? \_\_\_\_\_  
\_\_\_\_\_
6. *Fill in the missing words:* But we can \_\_\_\_\_ to serve God, we can give Him our \_\_\_\_\_; then He will work in us to will and to do according to His good pleasure. Thus our whole \_\_\_\_\_ will be brought under the control of Christ.
7. How do we ally ourselves with divine power? \_\_\_\_\_  
\_\_\_\_\_
8. What is a safeguard against temptation? \_\_\_\_\_  
\_\_\_\_\_

9. The practice of inviting men and women to relate in public the experience of their life of sin is recommended to both speaker and hearers. True / False
10. Never will men practice temperance in all things until their hearts are renewed by what? \_\_\_\_\_  
\_\_\_\_\_
11. *Complete the sentence:* True reformation begins with ... \_\_\_\_\_
12. Why did Jesus take upon Himself the infirmities of humanity? \_\_\_\_\_  
\_\_\_\_\_
13. *Fill in the missing words:* Nothing is apparently more \_\_\_\_\_, yet really more \_\_\_\_\_, than the soul that feels its \_\_\_\_\_ and relies wholly on the \_\_\_\_\_ of the Saviour. By \_\_\_\_\_, by the \_\_\_\_\_ of His word, by \_\_\_\_\_ in His abiding \_\_\_\_\_, the \_\_\_\_\_ of human beings may live in contact with the living Christ, and He will hold them by a hand that will \_\_\_\_\_ let go.

**HELP FOR THE UNEMPLOYED AND THE HOMELESS**

1. In Israel what was every father required to teach his sons? \_\_\_\_\_  
\_\_\_\_\_
2. Obedience to God's commandments would surely result in what? \_\_\_\_\_  
\_\_\_\_\_
3. What practical way can Christian farmers do real missionary work in helping the poor? \_\_\_\_\_
4. *Complete the sentence:* No man who can earn his own livelihood has a right to... \_\_\_\_\_  
\_\_\_\_\_

**THE HELPLESS POOR**

1. No one can practice real benevolence without what? \_\_\_\_\_
2. What bars the way to our usefulness? \_\_\_\_\_
3. *Complete the Bible verse:* Give, and it shall be given unto you; good measure, pressed down, and... \_\_\_\_\_

**MINISTRY TO THE RICH**

1. *Complete the sentence:* Riches and worldly honor cannot... \_\_\_\_\_  
\_\_\_\_\_
2. Which is the most dangerous to the Spiritual life, poverty or riches? \_\_\_\_\_  
\_\_\_\_\_
3. What is it that which will reach? \_\_\_\_\_  
\_\_\_\_\_

**IN THE SICKROOM**

1. Nowhere is obedience to the laws of health more important than where? \_\_\_\_\_  
\_\_\_\_\_
2. What does the efficiency of the nurse depend to a great degree upon? \_\_\_\_\_  
\_\_\_\_\_
3. *Fill in the missing words:* Where the illness is serious, requiring the attendance of a nurse night and day, the work should be shared by at least \_\_\_\_\_, \_\_\_\_\_, so that each may have opportunity for rest and for exercise in the open air.
4. *Complete the sentence:* Let the habits be correct, and by cleanliness and proper ventilation keep the sickroom free from... \_\_\_\_\_  
\_\_\_\_\_
5. What temperature should be maintained in the sickroom? \_\_\_\_\_
6. *Fill in the missing words:* Nurses, and all who have to do with the sickroom, should be \_\_\_\_\_, \_\_\_\_\_, and self-\_\_\_\_\_. All \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_, should be avoided.
7. Those who are very ill should have visitors. True / False \_\_\_\_\_
8. How can we claim the fulfilment of His promises? \_\_\_\_\_  
\_\_\_\_\_
9. *Complete the sentence:* It is labor lost to teach people to look to God as a healer of their infirmities, unless... \_\_\_\_\_  
\_\_\_\_\_
10. *Fill in the missing words:* To those who desire prayer for their restoration to health, it should be made plain that the \_\_\_\_\_ of God's law, either natural or spiritual, is \_\_\_\_\_, and that in order for them to receive His blessing, sin must be \_\_\_\_\_ and \_\_\_\_\_.
11. *Fill in the missing words:* If any who are seeking health have been guilty of \_\_\_\_\_, if they have sowed \_\_\_\_\_ in the home, the neighborhood, or the church, and have stirred up \_\_\_\_\_ and \_\_\_\_\_, if by any wrong practice they have led others into \_\_\_\_\_, these things should be \_\_\_\_\_ before God and before those who have been \_\_\_\_\_.
12. Those who's faith is defective do not receive immediate answer to their prayers. True / False
13. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. True / false
14. What did God tell King Hezekiah to do when he was sick with a boil? \_\_\_\_\_  
\_\_\_\_\_

### THE USE OF REMEDIES

1. *Complete the sentence:* God has endowed us with a certain amount of ... \_\_\_\_\_  
\_\_\_\_\_
2. What is often the cause of sickness? \_\_\_\_\_
3. What is the best remedy for many with overworked organs of digestion? \_\_\_\_\_

4. *Complete the sentence:* The external application of water is one of the easiest and most satisfactory ways of regulating... \_\_\_\_\_
5. Both warm and neutral bath soothe the nerves and equalize the circulation. True / False
6. *Fill in the missing words:* Water treatments are not \_\_\_\_\_ as they should be, and to apply them skilfully requires \_\_\_\_\_ that many are unwilling to perform.
7. What is a fruitful cause of disease? \_\_\_\_\_
8. Why do Ministers, teachers, students, and other brain workers often suffer from illness? \_\_\_\_\_
9. What should be advised for self centered invalids to do? \_\_\_\_\_
10. To engage in severe study or violent physical exercise immediately after eating, does not hinder the work of digestion. True / False
11. Why do some become thin and feeble? \_\_\_\_\_

## MIND CURE

1. What are many of the diseases from which men suffer are the result of? \_\_\_\_\_
2. *Finish the sentence:* Many die from disease the cause of which is... \_\_\_\_\_
3. *Fill in the missing words:* A \_\_\_\_\_ mind, a \_\_\_\_\_ spirit, is health to the body and strength to the soul.
4. What influence affords one of the most effective agencies for combating disease? \_\_\_\_\_
5. It is God's purpose that any human being should yield his mind and will to the control of another. True / False
6. Satan seeks to encourage dependence upon who? \_\_\_\_\_
7. What will often prove a greater benefit to the sick than will the most skilful treatment given in a cold, indifferent way? \_\_\_\_\_
8. Should a physician explain to his patient the nature of his condition? \_\_\_\_\_
9. *Complete the sentence:* Often invalids can resist disease simply by... \_\_\_\_\_
10. *Fill in the missing words:* Those who \_\_\_\_\_ their lives to His guidance and to His service will never be placed in a \_\_\_\_\_ for which He has not made \_\_\_\_\_
11. If in our ignorance we make missteps, the Saviour does not forsake us. True / False
12. *Complete the sentence:* Those who suffer most have most of His... \_\_\_\_\_

13. *Fill in the missing words:* It is not wise to look to ourselves and study our \_\_\_\_\_. If we do this, the enemy will present difficulties and temptations that weaken \_\_\_\_\_ and destroy \_\_\_\_\_. Closely to study our emotions and give way to our feelings is to entertain \_\_\_\_\_ and entangle ourselves in \_\_\_\_\_. We are to look away from \_\_\_\_\_ to Jesus.
14. Nothing tends more to promote health of body and of soul than does what? \_\_\_\_\_  
\_\_\_\_\_
15. *Complete the sentence:* It is a law of nature that our thoughts and feelings are encouraged and strengthened as we... \_\_\_\_\_
16. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God. True / False
17. What is one of the surest hindrances to the recovery of the sick? \_\_\_\_\_  
\_\_\_\_\_
18. What is one of the best medicines for diseased bodies and minds? \_\_\_\_\_  
\_\_\_\_\_

**IN CONTACT WITH NATURE**

1. Institutions for the care of the sick would be far more successful if they could be established away from the cities. True / False
2. What trees have properties that are health restoring? \_\_\_\_\_  
\_\_\_\_\_
3. To the chronic invalid, nothing so tends to restore health and happiness as what? \_\_\_\_\_  
\_\_\_\_\_
4. The more the patient can be kept indoors, the less care will he require. True / False
5. *Complete the sentence:* As physical health is regained, men and women are better able to ...  
\_\_\_\_\_

**GENERAL HYGIENE**

1. *Fill in the missing words:* Fearfully and wonderfully has the Creator wrought in the human \_\_\_\_\_, and He bids us make it our \_\_\_\_\_, understand its \_\_\_\_\_, and act our part in preserving it from harm and \_\_\_\_\_.
2. In order to have good health, we must have what? \_\_\_\_\_
3. Whatever hinders the circulation of the blood produces what physiological effect? \_\_\_\_\_  
\_\_\_\_\_
4. *Fill in the missing words:* A good respiration \_\_\_\_\_ the nerves; it \_\_\_\_\_ the appetite and renders \_\_\_\_\_ more perfect; and it induces sound, refreshing \_\_\_\_\_.
5. What is responsible for much of the drowsiness and dullness that destroy the effect of many a sermon and make the teacher's work toilsome and ineffective? \_\_\_\_\_

6. So far as possible, where should all buildings intended for human habitation should be placed?  
\_\_\_\_\_
7. *Complete the sentence:* No room is fit to be occupied as a sleeping room unless it can be? \_  
\_\_\_\_\_
8. List some practical things we can do to allow adequate sunshine and air to enter our homes?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. What are some health benefits of taking a bath?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
10. If our clothes are not frequently changed and washed, the impurities will be reabsorbed. True / False
11. What is essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home? \_\_\_\_\_

**HYGIENE AMONG THE ISRAELITES**

1. What are health's greatest safeguard? \_\_\_\_\_
2. *Complete the sentence:* Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the... \_\_\_\_\_  
\_\_\_\_\_
3. How would the Israelites have been preserved from the diseases that afflicted other nations?  
\_\_\_\_\_

**DRESS**

1. What is excluded from the modest apparel which God's word enjoins? \_\_\_\_\_  
\_\_\_\_\_
2. Uncleaness in dress is unhealthful, and thus defiling to the body and to the soul. True / False
3. What are some of the damaging effects that result from the use of wearing skirts that are sustained by the hips? \_\_\_\_\_  
\_\_\_\_\_
4. What are the damaging effects that are caused by the restriction of the lungs? \_\_\_\_\_  
\_\_\_\_\_
5. Perfect health requires what? \_\_\_\_\_

6. In order to secure the most healthy clothing what needs to be considered? \_\_\_\_\_  
 \_\_\_\_\_
7. *Fill in the missing words:* Every article of dress should fit \_\_\_\_\_, obstructing neither the \_\_\_\_\_ of the blood nor a free, full, natural \_\_\_\_\_. Everything worn should be so \_\_\_\_\_ that when the arms are raised the clothing will be correspondingly lifted.

## DIET AND HEALTH

1. Every movement of every organ involves waste. True / False
2. In choosing foods that best supply the elements needed for building up the body, appetite is a safe guide. True / False
3. *Complete the sentence:* In order to know what are the best foods, we must study... \_\_\_\_\_  
 \_\_\_\_\_
4. What constitutes the diet chosen for us by our Creator? \_\_\_\_\_  
 \_\_\_\_\_
5. Our diet should be suited to what three things?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
6. *Fill in the missing words:* God has given us an ample variety of healthful foods, and each person should choose from it the things that \_\_\_\_\_ and sound \_\_\_\_\_ prove to be best suited to his own necessities.
7. When properly prepared, what supplies the place of butter and flesh meats? \_\_\_\_\_
8. There should be a great variety at any one meal. True / False
9. What two foods are not good to eat together at the same meal? \_\_\_\_\_
10. What is not the best flour for use in breadmaking? \_\_\_\_\_
11. Eating super white flour is a frequent cause of what? \_\_\_\_\_
12. *Fill in the missing words:* Soda causes \_\_\_\_\_ of the stomach and often \_\_\_\_\_ the entire system?
13. In the making of raised or yeast bread, what should not be used in place of water?
14. When hot or new, raised bread of any kind is easy to digest. True / False
15. What is one of the most easily digested and most palatable of foods? \_\_\_\_\_
16. *Fill in the missing words:* Butter is less harmful when eaten on cold bread than when used in \_\_\_\_\_; but, as a rule, it is better to \_\_\_\_\_ with it altogether.
17. What it is wholly unfit for food? \_\_\_\_\_
18. *Complete the sentence:* Many souls are lost as the result of... \_\_\_\_\_
19. Regularity in eating is of vital importance. True / False
20. *Complete the sentence:* Another pernicious habit is that of eating just... \_\_\_\_\_  
 \_\_\_\_\_
21. Why are there in many cases the faintness that leads to a desire for food at night? \_\_\_\_\_

- 
22. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. True / False
  23. Why is it that the more liquid there is taken with the meals, the more difficult it is for the food to digest? \_\_\_\_\_
  24. Food should be eaten quickly and should be partially masticated. True / False
  25. When the stomach is diseased, what takes place physiologically in the body? \_\_\_\_\_
  26. *Fill in the missing words:* At mealtime cast off care and \_\_\_\_\_ thought; do not feel \_\_\_\_\_, but eat slowly and with \_\_\_\_\_, with your heart filled with gratitude to God for all His blessings.
  27. The digestive organs should not be burdened with a quantity or quality of food which it will tax the system to appropriate. True / False
  28. Where does the blood go to after eating too much food? \_\_\_\_\_
  29. We should provide for the Sabbath a more liberal supply or a greater variety of food than for other days. True / False
  30. What are the rewards of Abstemiousness? \_\_\_\_\_
  31. Quick thinking can be done successfully only by those who practice what? \_\_\_\_\_
  32. *Complete the sentence:* A disordered stomach produces a ... \_\_\_\_\_

### **FLESH AS FOOD**

1. When did man receive permission to eat flesh? \_\_\_\_\_
2. *Complete the sentence:* Those who eat flesh are but eating grains and vegetables at \_\_\_\_\_.
3. *Fill in the missing words:* People are continually eating flesh that is filled with \_\_\_\_\_ and \_\_\_\_\_ germs. Tuberculosis, cancer, and other fatal \_\_\_\_\_ are thus communicated.
4. Often animals are taken to market and sold for food when they are so diseased that their owners fear to keep them longer. True / False
5. When the use of flesh food is discontinued, there is often a sense of what? \_\_\_\_\_
6. Is it time that all should aim to dispense with flesh foods? \_\_\_\_\_

### **EXTREMES IN DIET**

1. One should criticize others because their practice is not, in all things, in harmony with his own. True / False



2. *Complete the sentence:* No one should think himself a \_\_\_\_\_  
\_\_\_\_\_
3. The diet reform should be what? \_\_\_\_\_
4. As disease in animals increases, what will become more and more unsafe? \_\_\_\_\_  
\_\_\_\_\_
5. What is the most easily digestible food suitable for a third meal? \_\_\_\_\_  
\_\_\_\_\_
6. What does an impoverished diet produce? \_\_\_\_\_  
\_\_\_\_\_
7. How will dietetic reform will be judged? \_\_\_\_\_  
\_\_\_\_\_

**STIMULANTS AND NARCOTICS**

1. Condiments are remedial in their nature. True / False
2. What symptoms does tea and coffee produce upon the system? \_\_\_\_\_
3. List five negative things about the use of tobacco?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
4. What is transmitted as a legacy from parents to children through the use of tobacco? \_\_\_\_\_  
\_\_\_\_\_
5. Wrong habits of eating and drinking destroy the health and prepare the way for drunkenness. True / False

**LIQUOR TRAFFIC AND PROHIBITION**

1. Millions of dollars are spent on buying what? \_\_\_\_\_  
\_\_\_\_\_
2. What places are filled as a result of the liquor seller's work? \_\_\_\_\_  
\_\_\_\_\_
3. Would God except the offerings of him that has acquired it through the selling of alcohol? \_  
\_\_\_\_\_

**MINISTRY OF THE HOME**

1. *Complete the sentence:* There is no more important field of effort than that committed to the...  
\_\_\_\_\_

2. *Fill in the missing words:* if more attention were given to teaching parents how to form the \_\_\_\_\_ and \_\_\_\_\_ of their children, a \_\_\_\_\_ more good would result.
3. Far more powerful than any sermon that can be preached is the influence of a true home upon human hearts and lives. True / False

**BUILDERS OF THE HOME**

1. What is the closest, the most tender and sacred, of any on earth? \_\_\_\_\_
2. *Complete the sentence:* Before assuming the responsibilities involved in marriage, young men and young women should have such an experience in... \_\_\_\_\_  
\_\_\_\_\_
3. How can a marriage alliance can be safely formed? \_\_\_\_\_  
\_\_\_\_\_
4. *Fill in the missing words:* Let those who are contemplating marriage weigh every \_\_\_\_\_ and watch every development of \_\_\_\_\_ in the one with whom they think to unite their life destiny.
5. How should every step toward a marriage alliance be characterized? \_\_\_\_\_  
\_\_\_\_\_
6. What kind of man should a woman accept as a life companion? \_\_\_\_\_  
\_\_\_\_\_
7. What kind of woman should a man choose as his life companion? \_\_\_\_\_  
\_\_\_\_\_
8. What is a most critical period in a married couples experience? \_\_\_\_\_  
\_\_\_\_\_
9. Love cannot long exist without what? \_\_\_\_\_  
\_\_\_\_\_
10. What is around every family that should be kept unbroken? \_\_\_\_\_  
\_\_\_\_\_
11. As your love for God becomes deeper and stronger, how does that affect your partner? \_\_\_\_\_  
\_\_\_\_\_
12. *Complete the sentence:* Do not try to compel each other to yield to... \_\_\_\_\_  
\_\_\_\_\_
13. Where can true joy only be found? \_\_\_\_\_
14. What marks the words and acts of all who live the new life in Christ? \_\_\_\_\_  
\_\_\_\_\_

**CHOICE AND PREPARATION OF THE HOME**

1. What is one of the most subtle and dangerous temptations that assail the children and youth in the cities? \_\_\_\_\_

2. *Complete the sentence:* Furnish your home with things plain and simple, things that will bear handling, that can be easily...\_\_\_\_\_

### THE MOTHER

1. If before the birth of her child she is self-indulgent, if she is selfish, impatient, and exacting, what will be the result? \_\_\_\_\_
2. But if the mother unswervingly adheres to right principles, if she is temperate and self-denying, if she is kind, gentle, and unselfish, what is the result? \_\_\_\_\_
3. Every wish of the mother should be gratified; that if she desires any article of food, however harmful, she should freely indulge her appetite. Is this good / bad advice? \_\_\_\_\_

### THE CHILD

1. What should parents become acquainted with? \_\_\_\_\_
2. Many infants are extremely susceptible to what? \_\_\_\_\_
3. How is one of the chief causes of irritation and restlessness of a child removed? \_\_\_\_\_
4. What demands greater protection than the other parts of the body? \_\_\_\_\_
5. What destroys the healthful tone of the digestive organs? \_\_\_\_\_
6. *Complete the sentence:* Parents should early seek to interest their children in the study of ... \_\_\_\_\_
7. *Fill in the missing words:* Teach your children from the cradle to practice self- \_\_\_\_\_ and self-\_\_\_\_\_.

### HOME INFLUENCES

1. Ever lead them (children) to think that they are the center, and that everything must revolve around them. True / False
2. If the children do not find in their parents and in their home that which will satisfy their desire for sympathy and companionship, what is the result? \_\_\_\_\_
3. Never should the parents in the presence of the children criticize each other's plans or question each other's judgment. True / False
4. What are parents to rule their children with? \_\_\_\_\_

### TRUE EDUCATION, A MISSIONARY TRAINING

1. Who is called to be a missionary? \_\_\_\_\_
2. Education is not complete unless what? \_\_\_\_\_

3. How did Jesus receive His education? \_\_\_\_\_  
\_\_\_\_\_
4. What should be made the foundation of study and of teaching? \_\_\_\_\_  
\_\_\_\_\_
5. What are the youth to advance as fast and as far as they can in the acquisition of? \_\_\_\_\_  
\_\_\_\_\_
6. What determines the value of the child's education? \_\_\_\_\_  
\_\_\_\_\_
7. Who as a rule, are those that have broad ideas, unselfish purposes, and noble aspirations? \_\_\_\_\_  
\_\_\_\_\_
8. How does the Creator of all worlds love those who give themselves to His service? \_\_\_\_\_  
\_\_\_\_\_

**A TRUE KNOWLEDGE OF GOD**

1. *Complete the sentence:* In order to be co-workers with God, in order to become like Him and to reveal His character, we must ... \_\_\_\_\_
2. *Complete the sentence:* What greater joy could come to the sinner saved by the grace of Christ than to look upon... \_\_\_\_\_
3. The knowledge of God as revealed in Christ is the knowledge that all who are saved must have. True / False

**DANGER IN SPECULATIVE KNOWLEDGE**

1. What is theory is a most dangerous deception? \_\_\_\_\_  
\_\_\_\_\_
2. None are to indulge in speculation regarding what? \_\_\_\_\_  
\_\_\_\_\_
3. Why do skeptics refuse to believe in God? \_\_\_\_\_  
\_\_\_\_\_
4. Mortal mind can penetrate the secrecy in which the Mighty One dwells and works. True / False

**THE FALSE AND THE TRUE IN EDUCATION**

1. Skepticism is attractive to the human mind. True / False
2. Whatever weakens faith in God does what? \_\_\_\_\_  
\_\_\_\_\_

3. *Complete the sentence:* And, to a great degree, theology, as studied and taught, is but a record of human... \_\_\_\_\_
4. What are some reading material that are a curse to the reader? \_\_\_\_\_
5. Fiction which contains no suggestion of impurity, and which is intended to teach excellent principles, is lawful. True / False
6. By fostering love for mere amusement, the reading of fiction has what effect? \_\_\_\_\_
7. *Complete the sentence:* Never should books containing a perversion of truth be placed in the... \_\_\_\_\_
8. *Fill in the missing word:* Christ imparted only that knowledge which could be \_\_\_\_\_
9. A practical training is worth far more than what? \_\_\_\_\_

**THE IMPORTANCE OF SEEKING TRUE KNOWLEDGE**

1. Wrongs can be righted, and reformations in conduct can be made by a few feeble, intermittent efforts. True / False
2. *Complete the sentence:* No one will be borne upward without... \_\_\_\_\_
3. Our efforts, our self-denial and perseverance, must be proportionate to what? \_\_\_\_\_
4. *Complete the sentence:* In order to receive help from Christ, we must... \_\_\_\_\_
5. What is the very highest education? \_\_\_\_\_

**THE KNOWLEDGE RECEIVED THROUGH GOD’S WORD**

1. Who is prepared to engage in the study of natural science? \_\_\_\_\_
2. *Fill in the missing words:* The soul dwelling in the pure atmosphere of holy thought is transformed by \_\_\_\_\_ with God through the \_\_\_\_\_ of His word.
3. The education begun here will be completed in this life. True / False

**HELP IN DAILY LIVING**

1. *Complete the sentence:* In order to convince others of the power of Christ's grace, we must... \_\_\_\_\_
2. How is it possible to make our influence felt in a skeptical world? \_\_\_\_\_

3. What is the strongest argument in favor of the gospel? \_\_\_\_\_  
\_\_\_\_\_
4. The fact that we are called upon to endure trial shows what? \_\_\_\_\_  
\_\_\_\_\_
5. *Complete the sentence:* Let us remember that while the work we have to do may not be our choice, it is to be accepted as... \_\_\_\_\_
6. Who will God bless and use in the advancement of His cause? \_\_\_\_\_  
\_\_\_\_\_
7. *Complete the sentence:* Often our plans fail that... \_\_\_\_\_  
\_\_\_\_\_
8. We are never called upon to make a real sacrifice for God. True / False
9. What should our daily prayer be? \_\_\_\_\_  
\_\_\_\_\_
10. The Lord has no place in His work for who? \_\_\_\_\_  
\_\_\_\_\_
11. *Fill in the missing words:* If any are \_\_\_\_\_ for a higher position, the Lord will lay the burden, not alone on \_\_\_\_\_, but on those who have \_\_\_\_\_ them, who know their \_\_\_\_\_, and who can understandingly urge them forward.
12. How does God estimate men? \_\_\_\_\_
13. Of all the gifts that heaven can bestow upon men, what is the most weighty trust and the highest honor? \_\_\_\_\_
14. Christ in His life on earth made no plans for Himself. True / False
15. *Fill in the missing words:* God never \_\_\_\_\_ His children otherwise than they would \_\_\_\_\_ to be led, if they could see the end from the beginning and \_\_\_\_\_ the glory of the \_\_\_\_\_ which they are fulfilling as co-workers with Him.
16. Why is it that many who profess to be Christ's followers have an anxious, troubled heart?\_\_\_\_  
\_\_\_\_\_
17. *Complete the sentence:* Our heavenly Father has a thousand ways to provide for us of which...  
\_\_\_\_\_
18. What is the best preparation for tomorrow's trials? \_\_\_\_\_  
\_\_\_\_\_
19. Despondency in God's service is what? \_\_\_\_\_  
\_\_\_\_\_

**IN CONTACT WITH OTHERS**

1. What is the enemy we most need to fear? \_\_\_\_\_  
\_\_\_\_\_
2. Under a storm of stinging, faultfinding words, what are we to do? \_\_\_\_\_

3. Why does God often permits those in whom we place confidence to fail us? \_\_\_\_\_
4. *Complete the sentence:* True refinement will never be revealed so long as... \_\_\_\_\_
5. *Fill in the missing words:* Study carefully the divine-human \_\_\_\_\_, and constantly inquire, "\_\_\_\_\_ were He in my place.
6. The only security for any soul is what? \_\_\_\_\_
7. When tempted to complain of what someone has said or done, what should we do? \_\_\_\_\_
8. The very act of looking for evil in others develops what? \_\_\_\_\_

**DEVELOPMENT AND SERVICE**

1. *Complete the sentence:* Those who would win success must be... \_\_\_\_\_
2. Why do many who are qualified to do excellent work accomplish little? \_\_\_\_\_
3. The Christian covets toil, hardship, sacrifice. True / False

**A HIGHER EXPERIENCE**

1. What is God's purpose for us? \_\_\_\_\_
2. We do not value the power and efficacy of prayer as we should. True / False
3. *Complete the sentence:* One evil habit, if not firmly resisted, will... \_\_\_\_\_
4. What is the reason so many are left to themselves in places of temptation? \_\_\_\_\_
5. Your petitions must not be faint, occasional, and fitful, but what? \_\_\_\_\_
6. Nothing is more needed in our work than what? \_\_\_\_\_
7. God is well pleased when we urge past mercies and blessings as a reason why He should bestow on us greater blessings. True / False
8. *Complete the sentence:* We must have less trust in what we ourselves can do, and more trust in what the... \_\_\_\_\_

## COUNSELS ON DIET AND FOODS

**NHTLH 33**

**3 credits**

**A. Reasons for Reform pp. 15-40**

1. What is our first duty to God and fellow beings? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. What is God's standard for us? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. How can we insult our Creator? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. How sacred are the laws of health? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. What is the cause of most diseases from which mankind suffers? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What is our most valuable temporal possession? \_\_\_\_\_
7. How can we improve our mental capacity? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Give five reasons why the light on health reform has been given in these last days of Earth's history?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_



e. \_\_\_\_\_

9. What can we learn from Israel's failure to fulfil God's purpose? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. a) Are we as a people ready for the Loud Cry? \_\_\_\_\_

\_\_\_\_\_

b) How can Gods people be fitted for translation? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**B. Diet and Spirituality pp. 43-65**

1. If we transgress the physical law, what other law do we transgress? \_\_\_\_\_

\_\_\_\_\_

2. To have our hearts maintain consecration to God what must we not indulge? \_\_\_\_\_

\_\_\_\_\_

3. God requires of His people continual \_\_\_\_\_.

4. If we pursue a wrong course, and indulge in wrong habits of eating, what are 3 consequences?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

5. Give four affects that the sin of intemperate eating has on the body, on our thinking and actions?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

6. If we wish to view matters from a high religious standpoint, and to be Christlike, what must we do? \_\_\_\_\_

\_\_\_\_\_

- 7. What affects spiritual advancement? \_\_\_\_\_  
\_\_\_\_\_
- 8. What does true sanctification encompass? \_\_\_\_\_  
\_\_\_\_\_
- 9. What shows whether we are of the world? \_\_\_\_\_  
\_\_\_\_\_
- 10. What is our only hope of regaining Eden? \_\_\_\_\_  
\_\_\_\_\_
- 11. When is it impossible to present our bodies as a living sacrifice to God? \_\_\_\_\_  
\_\_\_\_\_
- 12. What foods in as natural condition as possible, and free from grease, should those who are claiming to be preparing for translation have placed upon their tables? \_\_\_\_\_  
\_\_\_\_\_

**C. Health Reform and the Three Angels Messages. pp. 69-77.**

- 1. a) What is the relationship between health reform and the three angel's messages? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b) What is the purpose of health reform?  
\_\_\_\_\_  
\_\_\_\_\_
- 2. Can we separate health work from the great body of gospel work? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 3. a) When properly conducted, the health work is what? \_\_\_\_\_  
\_\_\_\_\_
- b) Making a way for what?  
\_\_\_\_\_

- 
4. When the third angel's message is received in its fullness, give five places where the health reform will be placed?
- a. \_\_\_\_\_ b. \_\_\_\_\_  
c. \_\_\_\_\_ d. \_\_\_\_\_  
e. \_\_\_\_\_

5. We find the principles of health reform in the Spirit of Prophecy
- a) Where else can the principles of health reform be found? \_\_\_\_\_  
\_\_\_\_\_

b) The gospel of health must be firmly linked with what? \_\_\_\_\_

6. In the Lord's providence, what will the medical missionary work be, to reach a diseased soul? \_\_\_\_\_

7. Who should teach health reform? \_\_\_\_\_  
\_\_\_\_\_

**D. The Proper Diet pp. 81-97**

1. What three-fold blessing results from following the diet that our Creator chose for us?
- a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

2. Where is God wanting to bring His people back to, in regards to their diet? \_\_\_\_\_  
\_\_\_\_\_

3. In order to render to God perfect service, and to have clear conceptions of His requirements, how should we have our food? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. In gratifying the appetite, which three things do worldlings tend to sacrifice?
- a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

5. What should be the object in visiting and entertaining, instead of indulging the appetite? \_\_\_\_\_  
\_\_\_\_\_

- 
6. List 4 natural foods that have all the food elements that we need for good health.  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_
  7. What diet brings reproach upon the cause of health reform? \_\_\_\_\_  
\_\_\_\_\_
  8. How can good health be secured in almost every land? \_\_\_\_\_  
\_\_\_\_\_

- E. a) Physiology of Digestion**  
**b) Improper Eating a Cause of Disease**  
**c) Overeating**  
**d) Control of Appetite**  
**- pp. 101 - 170**

**E. a) Physiology of Digestion. pp. 101 - 113**

1. The digestive organs should never be burdened:
  - a) With what? \_\_\_\_\_
  - b) Give five consequences of burdening the digestive organs?
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
    - iii. \_\_\_\_\_
    - iv. \_\_\_\_\_
    - v. \_\_\_\_\_
2. The lungs should be allowed
  - a) What? \_\_\_\_\_
  - b) Give four consequences of not getting this allowance?
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
    - iii. \_\_\_\_\_
    - iv. \_\_\_\_\_
  - c) Name three other organs which are affected?
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
    - iii. \_\_\_\_\_

- 3. a) When a person is excited, anxious, or hurried, it is better not to do what? \_\_\_\_\_  
\_\_\_\_\_
- b) Why? \_\_\_\_\_  
\_\_\_\_\_

**E. b) Improper Eating a Cause of Disease pp.117 - 127**

- 1. The violation of physical law, with its consequences has been brought about by what? Give two reasons.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
- 2. In God's word we are told to present our bodies as a living sacrifice, holy acceptable to God. (Romans 12:1) How can we make this impossible for ourselves?  
\_\_\_\_\_  
\_\_\_\_\_
- 3. a) Disease never comes - *finish this statement*  
\_\_\_\_\_
- b) The way is prepared - *finish this statement*  
\_\_\_\_\_  
\_\_\_\_\_
- 4. Is appetite a safe guide to choosing the foods that best supply the elements needed or building up the body?  
\_\_\_\_\_
- 5. What is the greatest hindrance to mental improvement, soul sanctification, the greatest cause of physical and mental debility, and lies largely at the foundation of feebleness and premature death?  
\_\_\_\_\_

**E. c) Overeating. pp.131 - 142**

- 1) How many of the human family eat more than the system requires?  
\_\_\_\_\_
- 2) Excessive indulgence in eating, drinking, sleeping, or seeing, - *finish this statement*  
\_\_\_\_\_

**E. d) Control of Appetite. pp. 145 - 170**

1. One of the strongest temptations that man has to meet is upon what point?

\_\_\_\_\_

2. The power of temptation to indulge the appetite can be overcome only by what?

\_\_\_\_\_

- F: a) Regularity in Eating.**
  - b) Fasting**
  - c) Extremes in Diet**
  - d) Diet During Pregnancy**
  - e) Diet in Childhood**
- pp.173 - 247**

**F. a) Regularity in Eating. pp. 173 - 182**

1. How many hours should elapse between each meal?

\_\_\_\_\_

2. Regularity in eating should be carefully observed. What can be eaten between meals?

\_\_\_\_\_  
\_\_\_\_\_

**F. b) Fasting. pp.185 - 191**

1. Christ's long fast in the wilderness

a) was to be what to fallen man?

\_\_\_\_\_

b) What can we learn, give three points?

i. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_

2. The true fasting which should be recommended to all, is what? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. There are some who would be benefited more by abstinence from food for a day or two every week than by - *finish this statement.*

---

---

---

**F. c) Extremes in Diet. pp.195 - 213**

1. Why is it so important for God's people to be consistent in diet reform?

---

2. What are two classes of extremes?

a. \_\_\_\_\_

---

b. \_\_\_\_\_

---

3. Who will shun the extremes, of both indulgence and of restrictions?

---

---

4. Give one reason why some have not been successful in their efforts to simplify their food?

---

5. When the time comes that it is no longer safe to use milk, cream, butter and eggs;

a) How will we know? \_\_\_\_\_

b) Who will prepare the way? \_\_\_\_\_

6. Where do those who would be successful in proclaiming the principles of health reform get their guidance and counsel from? \_\_\_\_\_

7. Give two principles on how we should have our food prepared to correctly represent health reform?

a. \_\_\_\_\_

b. \_\_\_\_\_

8. There are three principles counselling us how to continue to be temperate in all things, not to fall into other people's notions and to guard us not to become too narrow and extreme. What are they?

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

**F. d) Diet During Pregnancy. pp.217-222**

1. What advise to mothers is false and mischievous?

---

---

2. What do the great changes that are going on in a pregnant woman's system require? Give two points where care should be taken.

a. \_\_\_\_\_

b. \_\_\_\_\_

**F. e) Diet in Childhood. pp. 225 - 247**

1. What is the best food for the infant? \_\_\_\_\_

2. What is the first education children should receive from the mother in infancy? \_\_\_\_\_

---

---

3. Care and regularity in the feeding of infants will not only promote health, but what else?

---

---

---

**G. Healthful Cookery pp. 251-264**

1. Who should learn to cook?

---

2. How does God regard good cooking?

---

3. What is poorly prepared food classified as?

---

4. What is one of the reasons that many have become discouraged in practising health reform?

---

---



- 5. Give four principles that are important in preparation of foods in health reform?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_

- 6. In what manner should we learn how to cook?  
\_\_\_\_\_  
\_\_\_\_\_

**H. Diet a Rational Remedy - pp. 301-306**

- 1. What are God’s approved remedies in healing?  
\_\_\_\_\_  
\_\_\_\_\_

- 2. Who’s responsibility is it for the care of our bodies and our health?  
\_\_\_\_\_

- 3. In diet, what is one of the most often causes of sickness?  
\_\_\_\_\_  
\_\_\_\_\_

- 4. What is a strict principle in the remedy for disease?  
\_\_\_\_\_

- 5. In many cases of sickness, what is the very best remedy for the patient to do to give the overworked organs of digestion an opportunity to rest? \_\_\_\_\_  
\_\_\_\_\_

- 6. How can we leave nature free to recuperate the wasted energies of the body?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

- I.
  - a) **Fruits, Cereals, and Vegetables - pp. 309 - 360**
  - b) **Desserts**
  - c) **Condiments etc.**
  - d) **Fats**

**I. a) Fruits, Cereals, and Vegetables pp. 309-324**

1. What fruit is superior to any other fruit as a standby if nothing else is available?  
\_\_\_\_\_
2. When flesh food is discarded, what should be supplied in its place?  
\_\_\_\_\_
3. a) What is fine white bread lacking in, which can be found in whole wheat bread?  
\_\_\_\_\_
- b) What does this frequently cause in the body?  
\_\_\_\_\_
4. The Lord intends to bring his people back to live upon what?  
\_\_\_\_\_

**I. b) Desserts - pp. 327-335**

1. What three ingredients are the chief ingredients in desserts?  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
2. Which of these three ingredients is the most injurious and clogs the system?  
\_\_\_\_\_
3. Why should we not take anything into the mouth that will bring the body into an unhealthy condition, no matter how much we like it?  
\_\_\_\_\_
4. How does a great amount of milk and sugar affect the body?  
\_\_\_\_\_  
\_\_\_\_\_
5. Give two alternatives that are given that may serve as dessert.  
a. \_\_\_\_\_ b. \_\_\_\_\_

**I. c) Condiments, etc. - pp.339-345**

1. Condiments are injurious in their nature, name four that are mentioned?  
a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_ d. \_\_\_\_\_
2. a) Highly seasoned food irritates what? \_\_\_\_\_  
b) What does this cause a craving for? \_\_\_\_\_
3. Describe how spices affect the stomach?  
\_\_\_\_\_  
\_\_\_\_\_
4. What about soda and baking powder, should we use it, and if not why?  
\_\_\_\_\_  
\_\_\_\_\_
5. Too much salt is harmful, we should not use largely of salt, but  
a) Should we give up salt entirely? \_\_\_\_\_  
b) Is salt essential for anything? \_\_\_\_\_
6. Vinegar when used affects the body.  
a) How? \_\_\_\_\_  
b) What are the consequences? \_\_\_\_\_

**I. d) Fats - pp. 340-360**

1. In the first sentence of this chapter we are told to let the diet reform be progressive. Give four definitions from a dictionary on the word progressive.  
a. \_\_\_\_\_  
b. \_\_\_\_\_  
c. \_\_\_\_\_  
d. \_\_\_\_\_
2. The time will soon come (this was written in 1902) when there will be no safety in using  
a) What products? \_\_\_\_\_

b) Why will it not be safe?. \_\_\_\_\_

3. The oil in olives helps relieve, heal and is a remedy for what problems, name two.

a. \_\_\_\_\_

b. \_\_\_\_\_

4. *Fill in the gaps.*

Food should be prepared with \_\_\_\_\_, yet with a nicety which will invite the appetite. You should keep \_\_\_\_\_ out of your food. It \_\_\_\_\_ any preparation of food you may make.

**J. a) Proteins**

**b) Flesh Meats (Protein continued) p. 363 - 416**

**J. a) Proteins - pp. 363 - 370**

**Memorize the first paragraph (#617) in this chapter.**

1. Fill in the gaps:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ constitute the diet chosen for us by our Creator. These foods, prepared in as \_\_\_\_\_ and \_\_\_\_\_ a manner as possible, are the most \_\_\_\_\_ and \_\_\_\_\_. They impart a \_\_\_\_\_, a \_\_\_\_\_, \_\_\_\_\_, and a \_\_\_\_\_, that are not afforded by a \_\_\_\_\_ and \_\_\_\_\_.

2. What can be used for protein by combining with other plant foods, that can largely take the place of flesh meats?

\_\_\_\_\_

3. What careful attention should be given to the proper use of nut foods?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. If, because of lack of other foods that can supply the body's needed elements, milk and eggs could not be wholly discarded, what care should be taken before using them?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. As studied, earlier, the diet reform should be progressive. Therefore, as disease in animals increases, what should we as health and lifestyle educators, teach the people everywhere.

---

---

---

6. There is a story about Dr. Harvey Kellogg in regard to cheese, why did he buy the whole amount from those who purchased it?

---

---

7. Give a statement where Ellen White condemns the eating of cheese.

---

**J. b) Flesh Meats (Protein continued) pp.373 - 416**

1. a) When did God give man permission to eat animal food?

---

b) What made it necessary for God to give permission to Noah to eat clean animals? \_\_\_\_\_

---

c) What was another reason and result God permitted the human race to continue to eat meat? \_\_\_\_\_

---

2. a) What is God's appointed diet for man?

---

b) How has He shown us this? Give two examples?

i. \_\_\_\_\_

ii. \_\_\_\_\_

3. By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They did not reach or fulfil what?

---

4. After reading from "God's Purpose for Israel" page 377 to "Perfecting Holiness" page 383, give three points that we can learn from these writings, in our own personal devotion to God.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

Give three points we can learn as His people, living in the last days.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

5. *Finish this quote:* Many die of disease caused wholly by \_\_\_\_\_.

6. What will flesh meats do to the blood. \_\_\_\_\_  
\_\_\_\_\_

7. The result of the above question will be: *Fill in the following gaps.*  
Cancers, \_\_\_\_\_ and \_\_\_\_\_ are largely caused by meat eating.

8. God wants the perceptive faculties of His people to be clear, why?  
\_\_\_\_\_

9. a) The use of swine's flesh is contrary to God's what?  
\_\_\_\_\_

b) What was God's purpose for this command?  
\_\_\_\_\_

10. Is it safe to eat fish? Can fish cause disease? What has happened to the fish in many places?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. Many people think that meat is essential for health or strength, is this true? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. When the use of flesh food is discontinued, there is often a sense of weakness, lack of vigour, is this evidence that flesh food is essential?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. a) What should we as health educators consider and be careful not to do, when it comes to considering the situation of the people and the power of lifelong habit?

\_\_\_\_\_

b) None should be urged to make the change in what manner? \_\_\_\_\_

\_\_\_\_\_

c) In all cases, what should we be educating and enlisting and supplying? \_\_\_\_\_

\_\_\_\_\_

14. What is the greatest objection to health reform?

\_\_\_\_\_

15. Under the title "Earnest Appeals for Reform page 399, and Leaders in Reform page 401, God is giving an earnest appeal to a number of different groups. Give five groups who are named in these chapters.

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

d. \_\_\_\_\_ e. \_\_\_\_\_

16. As God's messengers, what shall we say to the people?

***Give the Bible text and memorize it.***

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

17. Immediately after the above statement Ellen White asks four strong questions. What are they?

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

c. \_\_\_\_\_

\_\_\_\_\_

d. \_\_\_\_\_

18. Finish the quote: There are some who have never followed the light given us on the question of diet. It is time now to take the light from under the bushel,

\_\_\_\_\_ , \_\_\_\_\_ .

**This is a call to ministry from the Lord Himself.  
Are you willing?**

**K. Beverages - pp.419 - 437**

1. In health and in sickness, pure water is described as what?  
\_\_\_\_\_
  
2. Give two reasons why we should not drink water or ice water with our meals.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
3. Through the use of stimulants such as tea and coffee, the whole system suffers. Name six areas of the body that suffer and how.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  
4. The continued use of these nerve irritants (ie; tea, coffee and popular drinks) is followed by what? Name five things.
  - a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_
  - d. \_\_\_\_\_ e. \_\_\_\_\_
  
5. How is drinking tea and coffee a sin?  
\_\_\_\_\_
  
6. a) A healthy state of mind depends upon the normal condition of the vital forces. What counsel are we given then to ensure a healthy state of our minds as Christians?  
\_\_\_\_\_  
\_\_\_\_\_
  
- b) Every true Christian will have control of what? \_\_\_\_\_  
\_\_\_\_\_
  
7. a) Write out the paragraph which tells us what must be kept before the people.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



---

---

---

---

---

---

---

---

---

---

---

---

b) What is at the foundation of the moral depravity of the world? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. For what reason should we only use hot drinks?  
\_\_\_\_\_

9. What about moderate drinking of alcohol, is it allowed for a people, who profess to be reformers, and the light bearers of the world?  
\_\_\_\_\_  
\_\_\_\_\_

10. What condition should grape juice be in, to be wholesome?  
\_\_\_\_\_

**L. Teaching Health Principles**

**Part I - Instruction to be given on Health Topics - pp.441 -457**

1. Why do many transgress the laws of health, and what do they need?  
\_\_\_\_\_  
\_\_\_\_\_

2. a) How will many, many be rescued from physical, mental, and moral degeneracy?  
\_\_\_\_\_  
\_\_\_\_\_

b) By what means will many be enlightened? \_\_\_\_\_

3. As we near the close of time, a) What must we do? b) What must we continually strive for? c) How can we influence others?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
4. Instead of drug medications, what should be employed for the healing of disease in our sanitariums, according to the light that has been given from God?  
\_\_\_\_\_
  
5. As a people we have been given the work of making known the principles of health reform. Some think that the question of diet is not of sufficient importance to be included in evangelistic work. What Bible text refutes this claim? *Memorize the text.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
6. At our large gatherings instruction should be given upon health and temperance to seek to arouse what?  
\_\_\_\_\_
  
7. Those who stand aloof from the great work of instructing the people upon this question, *of health reform* do not follow where the \_\_\_\_\_ leads the way.

**L. Teaching Health Principles**

**Part II - How to Present the Principles of Health Reform pp. 457 -469**

1. In teaching health principles, what is the great object of reform, that is to be kept before the mind?  
\_\_\_\_\_
  
2. Name two things that a health educator should lead the people to study?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_\_\_\_\_\_
  
3. There is only one method of reaching the people that will give true success.
  - a) What is it?      b) How is this method done to win people’s confidence?

- a. \_\_\_\_\_
- b. \_\_\_\_\_

4. How can medical missionaries encourage the sick and suffering? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What is to flow through our life to others as we seek to educate?  
\_\_\_\_\_

6. In teaching health reform, as in all other gospel work, what principle must we remember?  
\_\_\_\_\_

7. As health educators we are not to watch others in order to point out their faults or errors, but should teach in what way?  
\_\_\_\_\_  
\_\_\_\_\_

**L. Teaching Health Principles**

**Part III - Cooking Schools - pp, 469 - 477**

1. Cooking schools conducted by wise instructors are to be held where?  
\_\_\_\_\_

2. Every church should be a training school for Christian workers. Name five areas in which members should be trained.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

3. a) What needs to be employed in preparing nourishing food to take the place of that which has formerly constituted the diet of those who are learning to be health reformers?  
\_\_\_\_\_

b) Name three other requirements.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

4. Connected with our \_\_\_\_\_ and \_\_\_\_\_ there should be cooking schools, where instruction is given on the proper preparation of food.

5. In all our schools there should be those who are fitted to educate the students, both men and women in the art of \_\_\_\_\_.

Having read the selections from Counsels on Diet and Foods, how relevant and accurate do you see the counsels given, in today's setting?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

After finishing this study of Counsels on Diet and Foods, do you have a burden to serve the Lord as a Health Educator and Medical Missionary? \_\_\_\_\_

In your own words, why? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**“Blessed art thou, O land, when...thy princes eat in due season, for strength,  
and not for drunkenness.” Eccl. 10:17**

## SERVING GOD'S PURPOSE IN OUR GENERATION

**NHTLH 34**

**3 credits**

### Chapter 1 – Thank You, Bookmen

1. "The \_\_\_\_\_ of our cause has much to do with our power." C.M., p. 148.  
The reformer \_\_\_\_\_ said of the press, "A drop of ink will make a million think."

### Chapter 2 – Jesus Our Example

1. "When you preach a sermon, do you have an \_\_\_\_\_ that warms the people up?"
2. Every professional sales book lists five steps of a sale. There may be some that will combine parts three and four. But these four or five steps are a part of every sales course taught. They are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
3. "And many of the \_\_\_\_\_ of that city believed in Him because of the word of the woman who \_\_\_\_\_, 'He told me all that I ever did.'

### Chapter 3 - Attitude

1. If \_\_\_\_\_ is so important, why is it that so many are \_\_\_\_\_ in this area?
2. Because sin abounds on this planet many people may not \_\_\_\_\_ your work when you first meet them.
3. When you get up in the \_\_\_\_\_, greet the day with \_\_\_\_\_ statements.
4. \_\_\_\_\_ has a counsel on this also. "He (Satan) stands by to excite the \_\_\_\_\_ and \_\_\_\_\_ the most of the advantage gained.
5. The \_\_\_\_\_, the dress that you wear, not only will affect the attitude of \_\_\_\_\_ about you, but it will affect your own attitude about \_\_\_\_\_.
6. \_\_\_\_\_ of your \_\_\_\_\_ will make you a specialist.
7. COL,p. 143 \_\_\_\_\_ is so very important but after we've prayed, we must \_\_\_\_\_ to \_\_\_\_\_.

8. A person who does not work hard seldom has a \_\_\_\_\_.
9. Those who work for God will meet with \_\_\_\_\_, but the \_\_\_\_\_ is always theirs; 'Lo I am with you always even to the end of the world'. Matthew 28:20.
10. Remember that the sun always \_\_\_\_\_ in the morning just after the darkest hour.

#### Chapter 4 – Sell Yourself First

1. When you \_\_\_\_\_ the Lord in a home, the \_\_\_\_\_ will begin to teach the hearts of the people and they will see something in you that they do not see anywhere else.
2. Many seem to find it \_\_\_\_\_ to be on time. This \_\_\_\_\_ and \_\_\_\_\_.
3. If we're going to sell \_\_\_\_\_, we must love others. Sometimes we meet people who have some \_\_\_\_\_.
6. "Our very \_\_\_\_\_ should be, Lord, help me to do my best. Teach me how to do better work. Give me \_\_\_\_\_ and \_\_\_\_\_.
7. Find \_\_\_\_\_ in their home or on their \_\_\_\_\_ that will help you pay them a sincere compliment.
8. Jesus ... made Himself \_\_\_\_\_ with their \_\_\_\_\_ and their \_\_\_\_\_, that He might gain access to their \_\_\_\_\_. MH, pp. 24, 25
9. When with the \_\_\_\_\_, I agree with them as much as I can, except of course that I must always do what is right as a \_\_\_\_\_.

#### Chapter 5 – The Approach

1. When you've sold \_\_\_\_\_ and the \_\_\_\_\_ trusts you, the sale is one-third made, and you haven't even shown a book yet.
2. The acronym "FORT" is something that you should memorize and get with every referral. FORT means: F \_\_\_\_\_ O \_\_\_\_\_ R \_\_\_\_\_ T \_\_\_\_\_.

3. When canvassing, it is always a good idea to have two pens. A \_\_\_\_\_ without a good pen, is like a bear hunter going hunting with only a \_\_\_\_\_.
4. What is \_\_\_\_\_ at the door is \_\_\_\_\_ if it's brief and to the point.
5. Behind every door, there is a \_\_\_\_\_. There's a problem and you have books to help with the \_\_\_\_\_ and \_\_\_\_\_.
6. If they are moving in a certain direction, move with them. Do not \_\_\_\_\_ with them or go \_\_\_\_\_ with some idea that they may present. Approach them at \_\_\_\_\_ angle. Try finding something for which you can pay them a sincere \_\_\_\_\_.
7. In many cases when the canvasser makes known his business, the door of the \_\_\_\_\_ closes firmly; hence, the great need of doing his work with \_\_\_\_\_ and in \_\_\_\_\_, \_\_\_\_\_ . CM, p. 63
8. Now the man whom we looked at a little while ago was \_\_\_\_\_, \_\_\_\_\_, and didn't need anything. Suddenly, this man is aware of his \_\_\_\_\_. He \_\_\_\_\_ you.

### Chapter 6 – The Presentation

1. I once heard a speaker say, "Good luck is when preparation meets opportunity, and \_\_\_\_\_ is when lack of preparation meets opportunity."
2. Dale Carnegie wisely observed, "When \_\_\_\_\_ with \_\_\_\_\_, remember you are not \_\_\_\_\_ with \_\_\_\_\_ of logic, but creatures of emotion."
3. It is very difficult to sell a \_\_\_\_\_ if the \_\_\_\_\_ is not sitting beside him where both can see and \_\_\_\_\_ the \_\_\_\_\_ of your presentation.
4. I promise you this, if you will \_\_\_\_\_ from the Bible and from your books aloud for fifteen minutes each day, you will be \_\_\_\_\_ at how it will help your \_\_\_\_\_ ability.
5. "Never \_\_\_\_\_ for the words that will give the \_\_\_\_\_ that you are learned.
6. Betterton, the celebrated actor gave a reason for his powerful effect on the audience: "We on the stage speak of things \_\_\_\_\_ as if they were \_\_\_\_\_; and you in the \_\_\_\_\_ speak of things \_\_\_\_\_ as if they were \_\_\_\_\_." EV, p. 179

7. If you're going to be \_\_\_\_\_, you must be \_\_\_\_\_.
8. Being continually \_\_\_\_\_ and upbeat can be you, if you \_\_\_\_\_ to be. Everyone likes to work with this type of person, and \_\_\_\_\_ like to do business with people who \_\_\_\_\_ in what they are \_\_\_\_\_.
9. We use a \_\_\_\_\_ of a third party when answering \_\_\_\_\_ and also in our presentation.
10. In your presentation, use the name of \_\_\_\_\_ often. "No sooner is the name of \_\_\_\_\_ mentioned in love and tenderness, than the angels of God draw near to soften and subdue the heart."

### Chapter 7 – The Close

1. Knowing how to \_\_\_\_\_ the \_\_\_\_\_ to buy is often the key to whether you'll make a sale or not.
2. \_\_\_\_\_ the value of the books you offer. You cannot regard them too \_\_\_\_\_. CM, p. 85.
3. Most \_\_\_\_\_ make major decisions on \_\_\_\_\_. People will buy a house because of a \_\_\_\_\_ one house has over another.
4. Talk and \_\_\_\_\_ as if your faith is \_\_\_\_\_. CM, p. 115
5. Many \_\_\_\_\_ who buy our \_\_\_\_\_ or any other \_\_\_\_\_, may get what is called buyer's remorse after the purchase.... Reassure them as you leave that they have made the \_\_\_\_\_ decision and that the \_\_\_\_\_ is going to bless them with this \_\_\_\_\_ in their home.
6. ... if somebody wants to see you at a hour that is inconvenient to you, be there, for that's the \_\_\_\_\_ appointment.
7. Don't quit closing when you still have an \_\_\_\_\_.
8. "When persons who are under \_\_\_\_\_ are not brought to a decision at the \_\_\_\_\_ period possible, there is a danger that the conviction will \_\_\_\_\_ wear away..." Evan. p. 28



**Chapter 8 – Answering Objections**

1. Remember, people do not buy \_\_\_\_\_ or \_\_\_\_\_ no matter how accurate they are. People but the \_\_\_\_\_ that those facts will bring to them.
2. Remember, every nod of \_\_\_\_\_ or little yes makes the big \_\_\_\_ at the close that much \_\_\_\_\_.
3. “Whenever a book is presented that will \_\_\_\_\_ error, Satan is close by the side of the one of whom it is \_\_\_\_\_ and urges \_\_\_\_\_ why it should not be accepted.”  
CM p. 115
4. In answering objections, we must always be in the \_\_\_\_\_ of \_\_\_\_\_.
5. If we remember these three words: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, we can use them any time in answering objections.
6. Psychologist tells us the most important thing we can do for our \_\_\_\_\_ other than hugging them is to \_\_\_\_\_ to them.
7. Nothing you \_\_\_\_\_ will work all of the time.

**Chapter 9 – Remembering Names**

1. Remembering \_\_\_\_\_ is a real asset in \_\_\_\_\_ and \_\_\_\_\_.

**Chapter 10 – Your Goals and God's Providence**

1. “The secret of success is the union of \_\_\_\_\_ with \_\_\_\_\_”  
CM, p. 106
2. Goals help us to be \_\_\_\_\_ and save time. If you are going to be goal oriented you need to be a \_\_\_\_\_.
3. Goals fixed in our \_\_\_\_\_ help us stay \_\_\_\_\_. Motivation produces \_\_\_\_\_. Discipline produces \_\_\_\_\_. Habits produce \_\_\_\_\_ accomplished.
4. Life is richer in every way when you are committed to \_\_\_\_\_ habits.

5. If you want to change a habit in your routine do it for \_\_\_\_\_ working days and it will become a habit.
6. Persistence, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and hard work are not inherited. These are a \_\_\_\_\_ from God only if we take \_\_\_\_\_. These are \_\_\_\_\_ skills.
7. "Success in any line demands a \_\_\_\_\_ aim. He who would achieve true success in life, must keep steadily in view the aim worthy of his \_\_\_\_\_." ED, p. 252
8. The balance of \_\_\_\_\_ and work has always been a \_\_\_\_\_ even in Ellen White's day. "It is \_\_\_\_\_ regular employment to hinder the work of God... he makes it appear to the mind of the worker that some \_\_\_\_\_ matter at home is a great importance, and demand his \_\_\_\_\_ presence. The eye of the worker not being \_\_\_\_\_ to the glory of God, he leaves the work \_\_\_\_\_ rushes home... stitch after stitch is dropped, \_\_\_\_\_ to be taken up again. This pleases the \_\_\_\_\_... he gives his hand \_\_\_\_\_ of trouble...if possible to keep him away from the \_\_\_\_\_ altogether. Evan, pp. 654, 655
9. Our work is mostly a \_\_\_\_\_ - \_\_\_\_\_ work, but there are many who are to be \_\_\_\_\_ now. The closer we get to the \_\_\_\_\_, the more we will see of this.
10. Set well \_\_\_\_\_ - \_\_\_\_\_ goals that are \_\_\_\_\_, but that will push you to the new growth.

### Chapter 11 – Why Publish?

1. "The \_\_\_\_\_, properly conducted is \_\_\_\_\_ of the highest order."
2. Could \_\_\_\_\_ come to your community that would cause people to search the Scriptures? Of Course!
3. I have seen many \_\_\_\_\_ through the years who come into the \_\_\_\_\_ and develop into \_\_\_\_\_ and \_\_\_\_\_ witnesses for the Lord.

**Conclusion**

1. It is true that some \_\_\_\_\_ the books and lay them on the \_\_\_\_\_...The time will come when these \_\_\_\_\_ will be sought for and \_\_\_\_\_. 6T, p. 313
2. More than a thousand will be \_\_\_\_\_ in \_\_\_\_\_, most of whom will trace their first conviction to the reading of our \_\_\_\_\_. R&H Nov 10, 1885

## COLPORTEUR MINISTRY

**NHTLH 35**

**3 credits**

### Chapter 1 – Our Literature and Its Mission

1. At this time God's message to the world is to be given with such prominence and power that the people will be brought \_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_ to \_\_\_\_\_, with \_\_\_\_\_.
2. The great object of our publications is to exalt \_\_\_\_\_, to call men's attention to the \_\_\_\_\_ of \_\_\_\_\_.
3. The truth that God has given for his people in these last days should \_\_\_\_\_ when there come into the church those who present \_\_\_\_\_.

### Chapter 2 – A Work Second to None

1. All who \_\_\_\_\_ themselves to God to work as canvassers are assisting to give the last \_\_\_\_\_ of warning \_\_\_\_\_.
2. Many who will not be induced to listen to the truth presented by the living preacher will take up a \_\_\_\_\_ or a \_\_\_\_\_ and peruse it; many things they read meet their ideals \_\_\_\_\_, and they become interested to read all it contains.
3. There is a great work to be done, and every effort possible must be made to reveal \_\_\_\_\_ as the \_\_\_\_\_, Christ as the \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_; and the Lord will give us favor before the world until our work is done.
4. Those who at this time take up the canvassing work with \_\_\_\_\_ and \_\_\_\_\_ will be greatly blessed.

### Chapter 3 – A Call for Colporteur Evangelists

1. The circulation of our literature is one very important means of placing before \_\_\_\_\_ and \_\_\_\_\_ the light that the Lord has \_\_\_\_\_ to his church to be given to the world.

2. Jesus is calling for many missionaries, for \_\_\_\_\_, for men and women who will \_\_\_\_\_ themselves to \_\_\_\_\_, willing to \_\_\_\_\_ and be \_\_\_\_\_ in his service.
3. God calls for workers from every \_\_\_\_\_ among us to enter His \_\_\_\_\_ as \_\_\_\_\_.
4. Let none of you think that you cannot engage in this work because it is \_\_\_\_\_, and requires \_\_\_\_\_ and \_\_\_\_\_.

#### **Chapter 4 – Selection of Colporteur Evangelists**

1. Those selected as canvassers should be men and women who feel the \_\_\_\_\_, whose object is not to get gain, but to \_\_\_\_\_ to the people.
2. Those of best \_\_\_\_\_ and \_\_\_\_\_, who will take hold of the work \_\_\_\_\_ and \_\_\_\_\_ and carry it forward with \_\_\_\_\_, are the ones who should be selected.

#### **Chapter 5 – Our Students and Colporteur Evangelism**

1. In the very handling of these \_\_\_\_\_, the \_\_\_\_\_ will meet with many \_\_\_\_\_ that will teach them how to cope with problems that await them in the \_\_\_\_\_ beyond.
2. The very best education \_\_\_\_\_ can obtain is by entering the canvassing field and \_\_\_\_\_ from \_\_\_\_\_ to \_\_\_\_\_.
3. Those who are fitting for the ministry can engage in no other \_\_\_\_\_ that will give them so large an \_\_\_\_\_ as will the \_\_\_\_\_.

#### **Chapter 6 – A Soul-Winning Work**

1. He who takes up the work of \_\_\_\_\_ as he should must be both an \_\_\_\_\_ and a \_\_\_\_\_.
3. Let the canvasser remember that his work is \_\_\_\_\_ in its nature, and that God wants those whom he meets to \_\_\_\_\_.

3. Our canvassers are to be God's \_\_\_\_\_, going from house to house in \_\_\_\_\_  
\_\_\_\_\_ \_\_\_\_\_, and \_\_\_\_\_ the \_\_\_\_\_ to those they  
meet.
4. Let the canvasser go forth with the prayer upon his lips, " \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_ \_\_\_\_\_?"
5. God calls upon every man to \_\_\_\_\_ with the great \_\_\_\_\_  
\_\_\_\_\_, and to go forth into the \_\_\_\_\_ and \_\_\_\_\_.

### Chapter 7 – Wholly Surrendered to God

1. Canvassers need to be daily \_\_\_\_\_ to God, that their \_\_\_\_\_ and \_\_\_\_\_  
may be a savor of life unto life, that they may exert a saving \_\_\_\_\_.
2. Those who surrender to \_\_\_\_\_, who open the door of the \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_, will be in safekeeping.
3. Our great \_\_\_\_\_ has agents that are \_\_\_\_\_ for an  
opportunity to \_\_\_\_\_, as a lion hunts his prey.
4. When \_\_\_\_\_, he should take no glory to himself, for his success is due to the  
working of \_\_\_\_\_ upon the heart.

### Chapter 8 – Fully Prepared

1. Let a class of \_\_\_\_\_ be fitted up, by thorough \_\_\_\_\_ and \_\_\_\_\_,  
to handle the publications that shall come forth from the press.
2. Canvassers should be sent out \_\_\_\_\_ by \_\_\_\_\_.

### Chapter 9 – Exemplary in Habit, Deportment and Dress

1. The worker who has the cause of \_\_\_\_\_ at \_\_\_\_\_ will not insist on  
\_\_\_\_\_ the highest \_\_\_\_\_.
2. The canvasser should be chaste like \_\_\_\_\_, meek like \_\_\_\_\_, and temperate like  
\_\_\_\_\_; then a power will attend him wherever he goes.
3. \_\_\_\_\_ and \_\_\_\_\_ who possess \_\_\_\_\_, \_\_\_\_\_, keen foresight,

and \_\_\_\_\_, and who feel the value of souls, are the ones who can be \_\_\_\_\_.

4. God, \_\_\_\_\_, is seeking to develop in us the \_\_\_\_\_ of his \_\_\_\_\_.

### Chapter 10 – Pleasing in Voice and Speech

1. When you \_\_\_\_\_, let every word be \_\_\_\_\_ and \_\_\_\_\_, every sentence clear and distinct to the very last word.
2. Let us learn from Christ how to combine a high sense of \_\_\_\_\_ and \_\_\_\_\_ with \_\_\_\_\_ of \_\_\_\_\_.
3. A kind, \_\_\_\_\_ is the most \_\_\_\_\_ that can be produced in favor of \_\_\_\_\_.

### Chapter 11 – Diligent in Service

1. Success depends not so much on talent as on \_\_\_\_\_ and \_\_\_\_\_.
2. God has no use for lazy men in his cause; He wants \_\_\_\_\_.
3. When we labor \_\_\_\_\_ for the salvation of our fellow men, God will prosper our every \_\_\_\_\_.

### Chapter 12 – Given to Much Prayer

1. Satan is on your \_\_\_\_\_, He is an artful \_\_\_\_\_, and the \_\_\_\_\_ spirit which you meet in your work is inspired by him.
2. The work of the \_\_\_\_\_ whose heart is imbued with the \_\_\_\_\_, is fraught with \_\_\_\_\_ for good.

### Chapter 13 – Points on Selling

1. Hundreds of men should be engaged in carrying the light all through our \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

2. The press is a power; but if its products fall dead for want of men who will execute plans to widely circulate them, \_\_\_\_\_.

### Chapter 14 – The Colporteur Evangelist and Finance

1. The canvassing work is not to be \_\_\_\_\_ in a \_\_\_\_\_, \_\_\_\_\_ manner.
2. Every canvasser should be \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
3. The work of the \_\_\_\_\_, God-fearing canvasser has been represented as equal to that of the \_\_\_\_\_.
4. It would be well for all our workers to study the history of the \_\_\_\_\_ and to imitate their example of \_\_\_\_\_ and \_\_\_\_\_.

### Chapter 15 – Co-operating With Other Gospel Workers

1. The work of cooperating with the \_\_\_\_\_ in carrying the present truth, to all \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, is indeed a most essential one
2. When he discovers those who are \_\_\_\_\_ for \_\_\_\_\_ he can hold \_\_\_\_\_ with them.

### Chapter 16 – Led by God's Spirit

1. He who called the \_\_\_\_\_ of \_\_\_\_\_ is still calling men to His service.
2. The \_\_\_\_\_ standing by the side of the canvasser, \_\_\_\_\_, is the chief worker.

### Chapter 17 – Accomplished by Angels

1. In working for \_\_\_\_\_ you have the \_\_\_\_\_ of \_\_\_\_\_.
2. God will \_\_\_\_\_ those whose \_\_\_\_\_ are open to truth, and who are \_\_\_\_\_ for \_\_\_\_\_.



3. Those who are doing this work from \_\_\_\_\_ are doing an \_\_\_\_\_ work of \_\_\_\_\_.

### Chapter 18 – Help for Every Difficulty

1. When there is a \_\_\_\_\_ upon God, a continual practice of \_\_\_\_\_, the worker will not sink into \_\_\_\_\_.
2. It is not the \_\_\_\_\_ you now possess, or ever will have, that will give you success. It is that which the \_\_\_\_\_ can do for you.

### Chapter 19 – Books That Give the Message

1. The Lord calls for \_\_\_\_\_ to enter the \_\_\_\_\_ that the books \_\_\_\_\_ the light of present truth may be \_\_\_\_\_.
2. The \_\_\_\_\_.....contain\_\_\_\_\_ for this time- truth that is to be \_\_\_\_\_ in all parts of the world.

### Chapter 20 – Our Large Message Books

1. My \_\_\_\_\_ and \_\_\_\_\_ will you not now make an effort to \_\_\_\_\_ these books?
2. God would be pleased to see \_\_\_\_\_ in every home.
3. Those who accept the \_\_\_\_\_ in these books will not be led into \_\_\_\_\_.

### Chapter 21 - Health Publications

1. True \_\_\_\_\_ and the laws of \_\_\_\_\_ go hand in hand.
2. Every \_\_\_\_\_ of the church should work \_\_\_\_\_ for these \_\_\_\_\_ as for our other periodicals.

### Chapter 22 – Maintaining a Proper Balance

1. Perfect unity should exist among the \_\_\_\_\_ who handle the books that are to flood the world with \_\_\_\_\_.

2. The Lord has sent His \_\_\_\_\_ to the world in books that \_\_\_\_\_ the truth \_\_\_\_\_.
3. Love stories and frivolous and exciting tales constitute another class of books that is a curse to every reader.... The mind is \_\_\_\_\_, and \_\_\_\_\_ its power to \_\_\_\_\_ the great \_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_.

### Chapter 23 – Our Magazine Ministry

1. Let every human \_\_\_\_\_ who \_\_\_\_\_ the name of Christ testify, the end of all things is at hand; \_\_\_\_\_.
2. No one should think it beneath, him to \_\_\_\_\_ and the best means of taking care of the \_\_\_\_\_.

### Chapter 24 – The Far-Reaching Influence of Our Publications

1. I know, from the light God has given me, that the knowledge of present truth will be \_\_\_\_\_ and \_\_\_\_\_.
2. I was shown \_\_\_\_\_ and \_\_\_\_\_ studying with \_\_\_\_\_ papers and a few pages of tracts \_\_\_\_\_.
3. The message will be carried not so much by \_\_\_\_\_ as by the deep \_\_\_\_\_ of the Spirit of God. The arguments have been presented. The \_\_\_\_\_ has been sown, and now it will spring up and bear \_\_\_\_\_.
4. What \_\_\_\_\_ there will be as these \_\_\_\_\_ meet and greet those who have had a \_\_\_\_\_ on their behalf. (*Hardcover version only.*)
5. Then “they that be wise shall shine as the \_\_\_\_\_ of the \_\_\_\_\_; and they that turn many to \_\_\_\_\_ as the stars for-ever and ever.

## HELP IN DAILY LIVING

**NHTLH 36**

**3 credits**

### EVERYDAY LIVING

1. It is our own \_\_\_\_\_ that determine our influence upon others. In order to \_\_\_\_\_ others of the power of Christ's grace, we must \_\_\_\_\_ its power in our own \_\_\_\_\_.
  
2. The \_\_\_\_\_ is not an \_\_\_\_\_ sign, not the wearing of a cross or a crown, but it is that which \_\_\_\_\_ . By the power of \_\_\_\_\_ manifested in the \_\_\_\_\_ the world is to be convinced that God has sent His Son as its Redeemer.
  
3. No other influence that can surround the human soul has such power as the influence of an \_\_\_\_\_ .  
  
The \_\_\_\_\_ in favor of the gospel is a \_\_\_\_\_ . {HDL 8.1}

### The Discipline of Trial

4. To live such a life, to exert such an influence, costs at every step \_\_\_\_\_ .
  
5. Many who \_\_\_\_\_ their lives to God's service are surprised and disappointed to find themselves, as never before, confronted by \_\_\_\_\_ and beset by \_\_\_\_\_ .  
  
They pray for \_\_\_\_\_ , for a \_\_\_\_\_ , and they are placed in circumstances that seem to call forth all the evil of their nature.
  
6. Faults are \_\_\_\_\_ of which they did not even suspect the existence.  
  
Like Israel of old they question, "If God is leading us, \_\_\_\_\_ ?" {HDL 8.2}

7. Trials and \_\_\_\_\_ are the Lord's chosen methods of \_\_\_\_\_ and His appointed conditions of \_\_\_\_\_.

He who \_\_\_\_\_ knows their \_\_\_\_\_ better than they themselves know them.

He sees that some have \_\_\_\_\_ which, rightly directed, might be used in the advancement of His work.

8. In His providence He brings these persons into different positions and varied circumstances that they may \_\_\_\_\_ which have been concealed from their own \_\_\_\_\_.

He gives them \_\_\_\_\_ to \_\_\_\_\_ these defects and to \_\_\_\_\_ for His service.

9. Often He permits the fires of affliction to assail them that they may be \_\_\_\_\_.  
{HDL 9.1}

If He saw in us nothing whereby He might \_\_\_\_\_, He would not spend time in \_\_\_\_\_ us.

He does not cast \_\_\_\_\_ into His furnace.

**In the Potter's Hands**

10. The potter takes the clay and molds it according to his will.

- He \_\_\_\_\_ it and \_\_\_\_\_ it.
- He \_\_\_\_\_ and \_\_\_\_\_.
- He \_\_\_\_\_ it and then \_\_\_\_\_ it.
- He lets it \_\_\_\_\_.

11. When it is \_\_\_\_\_, he continues the work of making of it a \_\_\_\_\_.

- He forms it into \_\_\_\_\_ and on the wheel \_\_\_\_\_ it.
- He \_\_\_\_\_ it in the sun and \_\_\_\_\_ it in the oven.
- Thus it becomes a \_\_\_\_\_.

12. So the great Master Worker desires to \_\_\_\_\_ us. And as the clay is in the hands of the potter, so are we to be in His hands. We are not to try \_\_\_\_\_ . Our part is to \_\_\_\_\_ to be molded by the \_\_\_\_\_ Worker. {HDL 10.1}
13. "Beloved, think it not \_\_\_\_\_ concerning the fiery trial which is to try you, as though some strange thing happened unto you: but \_\_\_\_\_, inasmuch as ye are \_\_\_\_\_; that, when His glory shall be revealed, ye may be glad also with \_\_\_\_\_ joy." 1 Peter 4:12, 13

### God's Choice in Our Lifework

14. Many are \_\_\_\_\_ with their lifework.

It may be that their surroundings are uncongenial; their time is occupied with \_\_\_\_\_ work, when they think themselves capable of higher responsibilities; often their efforts seem to them to be \_\_\_\_\_; their future is \_\_\_\_\_.

15. While the work we have to do may not be our choice, it is to be accepted as \_\_\_\_\_.

Whether \_\_\_\_\_, we are to do the duty that \_\_\_\_\_.

"Whatsoever thy hand findeth to do, do it with thy \_\_\_\_\_; for there is no \_\_\_\_\_, nor \_\_\_\_\_, nor \_\_\_\_\_, nor \_\_\_\_\_, in the grave, whither thou goest." Ecclesiastes 9:10.

16. He has \_\_\_\_\_ for sending us to the place toward which our feet have been directed. At that very place there may be someone in \_\_\_\_\_ of the \_\_\_\_\_ . For example:

- Jonah to \_\_\_\_\_
- Philip to the \_\_\_\_\_ councilor
- Peter to the \_\_\_\_\_
- the little Israelitish maiden to the help of \_\_\_\_\_

**God's Plans - the Best**

17. Our plans are not always \_\_\_\_\_. He may see that it is \_\_\_\_\_ and for \_\_\_\_\_ to refuse our very best intentions, as He did in the case of David.

But of one thing we may be \_\_\_\_\_, He will bless and use in the advancement of His cause those who sincerely \_\_\_\_\_ and all they have to \_\_\_\_\_.

18. If He sees it best not to grant their desires He will \_\_\_\_\_ the refusal by giving them \_\_\_\_\_ of His \_\_\_\_\_ and entrusting to them \_\_\_\_\_ service. {HDL 12.1}

19. He does not permit us to pass by the homely but \_\_\_\_\_.

Often these duties afford the very \_\_\_\_\_ essential to prepare us for a \_\_\_\_\_.

Often our plans fail that God's plans for us may \_\_\_\_\_. {HDL 12.2}

20. We are to look upon every duty, however humble, as \_\_\_\_\_ because it is a part of \_\_\_\_\_.

Our daily prayer should be, "Lord, help me to do my \_\_\_\_\_. \_\_\_\_\_ me how to do better work. Give me \_\_\_\_\_. Help me to bring into my service the \_\_\_\_\_ of the Saviour." {HDL 13.3}

**A Lesson from the Life of Moses**

21. Treated as the king's grandson and the prospective heir to the throne

He received the highest \_\_\_\_\_ training. He felt that he was \_\_\_\_\_ prepared for the work of delivering Israel from bondage.

But God judged otherwise. His providence appointed Moses \_\_\_\_\_ in the wilderness as a \_\_\_\_\_.

22. The education that Moses had received in Egypt was a help to him in many respects; but the most \_\_\_\_\_ for his lifework was that which he received while employed as a \_\_\_\_\_.
23. As he led his flocks through the wilds of the mountains and into the green pastures of the valleys, he learned \_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. He learned to \_\_\_\_\_, to \_\_\_\_\_, to \_\_\_\_\_, to \_\_\_\_\_, and to \_\_\_\_\_. {HDL 14.1}
24. He \_\_\_\_\_, and, in meditating upon His character he grasped more and more fully the sense of His presence. He \_\_\_\_\_.
25. After this experience, Moses heard the call from heaven to exchange his shepherd's crook for the rod of authority; to leave his flock of sheep and take the \_\_\_\_\_ of Israel. The divine command found him self-distrustful, slow of speech, and timid. He was \_\_\_\_\_. But he \_\_\_\_\_.
26. God blessed his ready obedience, and he became \_\_\_\_\_, \_\_\_\_\_. \_\_\_\_\_, \_\_\_\_\_. Of him it is written:  
  
"There hath not arisen a prophet since in Israel like unto \_\_\_\_\_, whom Jehovah knew \_\_\_\_\_." Deuteronomy 34:10
27. Let those who feel that their work is not \_\_\_\_\_, and who crave a position of greater responsibility, consider that "\_\_\_\_\_ cometh neither from the east, nor from the west, nor from the south. But God is the \_\_\_\_\_: He \_\_\_\_\_, and \_\_\_\_\_." Psalm 75:6, 7.
28. Every man has his place in the \_\_\_\_\_ plan of heaven. Whether we fill that place depends upon our own \_\_\_\_\_ with God. {HDL 15.2}

29. We need to beware of \_\_\_\_\_. \_\_\_\_\_ the feeling that you are not \_\_\_\_\_, that your \_\_\_\_\_ are not \_\_\_\_\_, that your work is \_\_\_\_\_.
30. Let the \_\_\_\_\_ of what Christ has endured for us \_\_\_\_\_. We are treated better than was our Lord. "Seekest thou great things for thyself? seek them not." Jeremiah 45:5
31. The Lord has no place in His work for those who have a greater desire to \_\_\_\_\_ than to \_\_\_\_\_. He wants men who are more \_\_\_\_\_ intent upon doing their \_\_\_\_\_ of men who are more solicitous for principle than for promotion. {HDL 16.1}

**True Greatness**

32. Not by their \_\_\_\_\_, their \_\_\_\_\_, or their \_\_\_\_\_ does God estimate men. He estimates them by their \_\_\_\_\_ and \_\_\_\_\_.
- He looks to see how much of His \_\_\_\_\_ they possess and how much of His \_\_\_\_\_ their life reveals. To be great in God's kingdom is to be as a little child in \_\_\_\_\_, in \_\_\_\_\_, and in \_\_\_\_\_. {HDL 17.3}

**Plans for the Future**

33. Many are unable to make \_\_\_\_\_ plans for the future. Their life is \_\_\_\_\_. They cannot discern the outcome of affairs, and this often fills them with \_\_\_\_\_.
- Let us remember that the life of God's children in this world is a \_\_\_\_\_ life.
34. Christ in His life on earth made no \_\_\_\_\_. He accepted \_\_\_\_\_ plans for Him, and \_\_\_\_\_ the Father \_\_\_\_\_ His plans. So should we depend upon God, that our lives may be the simple \_\_\_\_\_ of His will.
- As we \_\_\_\_\_ our ways to Him, He will \_\_\_\_\_ our steps. {HDL 18.3}



**Wages**

35. When Jesus bade Peter and his companions follow Him, \_\_\_\_\_ they left their boats and nets.

Some of these disciples had friends dependent on them for \_\_\_\_\_; but when they received the Saviour's invitation they did not \_\_\_\_\_ and \_\_\_\_\_, "How shall I live and \_\_\_\_\_ my family?"

36. They were \_\_\_\_\_ to the call; and when afterward Jesus asked them, "When I sent you without purse, and scrip, and shoes, lacked ye anything?" they could answer, "\_\_\_\_\_." Luke 22:35 {HDL 20.1}

**God Will Provide**

37. There are many whose hearts are aching under a \_\_\_\_\_ because they seek to reach the \_\_\_\_\_ standard. They have chosen its service, accepted its perplexities, adopted its \_\_\_\_\_.

Thus their \_\_\_\_\_ is marred and their life made a \_\_\_\_\_. The continual worry is \_\_\_\_\_.

38. Our Lord desires them to lay aside this yoke of \_\_\_\_\_.

He invites them to accept His yoke; He says, "My yoke is easy, and My \_\_\_\_\_ is light."

39. Worry is \_\_\_\_\_ and cannot discern the future; but \_\_\_\_\_ sees the end from the beginning. In every difficulty He has His way \_\_\_\_\_. "No good thing will He withhold from them that walk \_\_\_\_\_." Psalm 84:11

Our heavenly Father has a \_\_\_\_\_ to provide for us of which we know nothing.

40. Those who accept the one principle of making the service of God \_\_\_\_\_, will find \_\_\_\_\_ vanish and a plain path before their feet. {HDL 21.2}

41. The faithful discharge of today's duties is the best preparation for tomorrow's \_\_\_\_\_. Do not gather together all tomorrow's \_\_\_\_\_ and

\_\_\_\_\_ and add them to the burden of today. " \_\_\_\_\_ unto the day is the evil thereof." Matthew 6:34 {HDL 21.3}

42. Let us be \_\_\_\_\_ and \_\_\_\_\_. Despondency in God's service is \_\_\_\_\_ and \_\_\_\_\_.

He knows our \_\_\_\_\_ necessity.

**LIVING WITH OTHERS**

43. Every association of life calls for the exercise of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

We differ so widely in \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, that our ways of looking at things vary.

**Consideration for Burden Bearers**

44. The work of many a burden bearer is not \_\_\_\_\_, his labors are not \_\_\_\_\_, until death lays him low.

When others \_\_\_\_\_ the burdens he has laid down, and meet the difficulties he \_\_\_\_\_, they can \_\_\_\_\_ how his \_\_\_\_\_ and \_\_\_\_\_ were tested.

45. Often then the mistakes they were so quick to \_\_\_\_\_ are lost sight of. \_\_\_\_\_ teaches them sympathy. God permits men to be placed in positions of \_\_\_\_\_.

When they err, He has power to \_\_\_\_\_ or to \_\_\_\_\_ them. We should be careful not to take into our hands the work of \_\_\_\_\_ that belongs to \_\_\_\_\_. {HDL 24.2}

**Forbearance Under Wrong**

46. We cannot afford to let our spirits chafe over any \_\_\_\_\_ done to ourselves. \_\_\_\_\_ is the enemy we most need to fear.

- No other victory we can gain will be so precious as the \_\_\_\_\_ over \_\_\_\_\_ . {HDL 25.1}
47. We should not allow our feelings to be easily \_\_\_\_\_ .  
We are to live, not to guard our \_\_\_\_\_ , but to \_\_\_\_\_ souls.  
As we become interested in the salvation of souls we cease to mind the little \_\_\_\_\_ that so often arise in our association with one another.
48. Do not \_\_\_\_\_ .  
So far as you can do so, remove all cause for \_\_\_\_\_ .  
Avoid the appearance of \_\_\_\_\_ .  
Do all that lies in your power, without the \_\_\_\_\_ , to conciliate others.
49. "If thou bring thy \_\_\_\_\_ to the altar, and there rememberest that thy brother hath aught \_\_\_\_\_ ; leave there thy gift before the altar, and go thy way; first be \_\_\_\_\_ to thy brother, and then \_\_\_\_\_ and \_\_\_\_\_ thy gift."  
Matthew 5:23, 24
50. If impatient words are spoken to you, \_\_\_\_\_ reply in the \_\_\_\_\_ . Remember that "a \_\_\_\_\_ answer turneth away wrath." Proverbs 15:1.
51. There is wonderful power in \_\_\_\_\_ .  
Words spoken in reply to one who is angry sometimes serve only to \_\_\_\_\_ .  
But \_\_\_\_\_ met with silence, in a \_\_\_\_\_ , \_\_\_\_\_ spirit, quickly dies away. {HDL 26.3}
52. Under a storm of \_\_\_\_\_ , \_\_\_\_\_ words, keep the mind stayed upon the word of God.  
Let \_\_\_\_\_ and \_\_\_\_\_ be \_\_\_\_\_ with God's promises.  
If you are \_\_\_\_\_ or \_\_\_\_\_ accused, instead of returning an angry answer, repeat to yourself the \_\_\_\_\_ : {HDL 27.1}

### Precious Promises

53. "Be not overcome of evil, but overcome evil with \_\_\_\_\_ ." Romans 12:21  
"\_\_\_\_\_ thy way unto the Lord; \_\_\_\_\_ also in Him; and He shall bring it to pass. And He shall bring forth thy \_\_\_\_\_ as the light, and thy \_\_\_\_\_ as the noonday." Psalm 37:5, 6

"Thou hast caused men to ride over our heads; we went through fire and through water: but Thou broughtest us out into a \_\_\_\_\_ place." Psalm 66:12

54. We are prone to look to our fellow men for \_\_\_\_\_ and \_\_\_\_\_, instead of looking to \_\_\_\_\_.  
In His mercy and faithfulness God often permits those in whom we place confidence to \_\_\_\_\_ us, in order that we may learn the folly of \_\_\_\_\_ and making flesh our arm.
55. Let us trust \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ in God.  
He knows the \_\_\_\_\_ that we feel to the depths of our being, but which we cannot \_\_\_\_\_.  
When all things seem \_\_\_\_\_ and \_\_\_\_\_, remember the words of Christ, "What I do thou knowest not now; but thou shalt know \_\_\_\_\_." John 13:7
56. There will be \_\_\_\_\_ to test the temper; and it is by meeting these in a right spirit that the \_\_\_\_\_ graces are developed.  
If \_\_\_\_\_ dwells in us, we shall be \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_, \_\_\_\_\_ amid frets and irritations.

### Count God's Blessings, Not the Trials

57. There is \_\_\_\_\_ and \_\_\_\_\_ in the service of Christ. Let the world see that life with Him is no \_\_\_\_\_. {HDL 29.1}  
If you do not feel lighthearted and joyous, \_\_\_\_\_ of your feelings. Cast no \_\_\_\_\_ upon the lives of others. A cold, sunless religion \_\_\_\_\_ to Christ.
58. Instead of thinking of your \_\_\_\_\_, think of the power you can claim in Christ's name.  
Let your imagination take hold upon things \_\_\_\_\_. Let your thoughts be directed to the evidences of the \_\_\_\_\_ of God for you. Faith can endure trial, \_\_\_\_\_ temptation, bear up under disappointment. Jesus lives as our \_\_\_\_\_. All is ours that His mediation secures. {HDL 29.2}
59. Then talk of the \_\_\_\_\_; talk of Jesus' \_\_\_\_\_ to bless. He does not forget us for one brief moment.  
When, notwithstanding disagreeable circumstances, we rest \_\_\_\_\_ in His love, and shut ourselves in with Him, the sense of His presence will inspire a deep, \_\_\_\_\_ joy.

60. He who is imbued with the Spirit of Christ abides in \_\_\_\_\_. Whatever comes to him comes from the Saviour, who \_\_\_\_\_ with His presence. \_\_\_\_\_ can touch him except by the Lord's permission. All experiences and circumstances are God's \_\_\_\_\_ whereby good is brought to us. {HDL 30.3}

### Speak No Evil

61. If we have a sense of the \_\_\_\_\_ of God toward us, we shall not be found judging or accusing others. When Christ was living on the earth, how surprised His associates would have been, if, after becoming acquainted with Him, they had heard Him speak one word of \_\_\_\_\_, of \_\_\_\_\_, or of \_\_\_\_\_. Let us never forget that those who love Him are to \_\_\_\_\_ in character.
62. "Be kindly \_\_\_\_\_ one to another with \_\_\_\_\_; in honor preferring one another." Romans 12:10  
"\_\_\_\_\_ evil for evil, or railing for railing: but contrariwise \_\_\_\_\_; knowing that ye are thereunto called, that ye should \_\_\_\_\_ a blessing." 1 Peter 3:9
63. Cultivate the habit of speaking \_\_\_\_\_ of others. Dwell upon the \_\_\_\_\_ of those with whom you associate, and see as little as possible of their errors and failings. Evil-speaking is a \_\_\_\_\_ curse, falling more heavily upon the \_\_\_\_\_ than upon the hearer.
64. The very act of looking for evil in others develops \_\_\_\_\_. By dwelling upon the faults of others, we are changed into the \_\_\_\_\_. But by beholding Jesus, \_\_\_\_\_ of \_\_\_\_\_ of character, we become changed into His image.

### Courtesy

65. Christianity will make a man a \_\_\_\_\_. Christ was \_\_\_\_\_, even to His persecutors; and His true followers will manifest the same spirit. Look at Paul when brought before rulers. His speech before Agrippa is an illustration of true courtesy as well as \_\_\_\_\_.
66. Love imparts to its possessor \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of deportment.

It \_\_\_\_\_ the countenance and \_\_\_\_\_ the voice; it \_\_\_\_\_ and \_\_\_\_\_ the whole being. {HDL 32.2}

### Importance of Little Things

67. Life is chiefly made up, not of great sacrifices and wonderful achievements, but of \_\_\_\_\_  
\_\_\_\_\_.  
It is oftenest through the little things which seem so \_\_\_\_\_ of notice that great good or evil is brought into our lives.
68. Only by acting upon \_\_\_\_\_ in the tests of daily life can we acquire \_\_\_\_\_ to stand \_\_\_\_\_ and \_\_\_\_\_ in the most dangerous and most difficult positions. {HDL 32.3}

### Self-Discipline

69. We are never alone. Whether we choose Him or not, we have a \_\_\_\_\_.  
Remember that wherever you are, whatever you do, \_\_\_\_\_ is there.  
Nothing that is said or done or thought can \_\_\_\_\_ His attention.
70. To your every word or deed you have a \_\_\_\_\_--the holy, sin-hating God.  
Before you speak or act, always think of this. As a Christian, you are a member of the \_\_\_\_\_ family, a child of the \_\_\_\_\_ King.  
Say no \_\_\_\_\_, do no \_\_\_\_\_, that shall bring \_\_\_\_\_ upon "that worthy name by the which ye are called." James 2:7
71. Study carefully the divine-human character, and constantly inquire, "What would \_\_\_\_\_ do were He in my place?"  
This should be the \_\_\_\_\_ of our duty.  
Do not place yourselves \_\_\_\_\_ in the society of those who by their \_\_\_\_\_ would \_\_\_\_\_ your purpose to do \_\_\_\_\_, or bring a \_\_\_\_\_ upon your conscience.
72. Do nothing among strangers, in the street, on the cars, in the home, that would have the least \_\_\_\_\_ of evil.  
Do something every day to \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ the life that Christ has purchased with His own blood. {HDL 33.2}

**Let Principle Guide**

73. Always act from principle, never from \_\_\_\_\_.  
We need a constant sense of the ennobling power of \_\_\_\_\_ thoughts.  
The only security for any soul is \_\_\_\_\_ thinking. As a man " \_\_\_\_\_ in his heart, so is he." Proverbs 23:7
74. If we will we may turn away from all that is cheap and inferior, and rise to a \_\_\_\_\_ standard; we may be \_\_\_\_\_ by men and \_\_\_\_\_ of God. {HDL 34.2}

**Patience with the Erring**

75. Not all who profess to be workers for Christ are \_\_\_\_\_ disciples.  
Among those who bear His name, and who are even numbered with His workers, are some who \_\_\_\_\_ Him in character.  
Regard yourselves as \_\_\_\_\_, first of all, among your fellow workers.
76. Remember that you cannot read hearts. You do not know the \_\_\_\_\_ which prompted the actions that to you look \_\_\_\_\_.  
There are many who have not received a \_\_\_\_\_; their characters are warped, they are hard and gnarled, and seem to be \_\_\_\_\_ in every way.
77. But the grace of Christ can \_\_\_\_\_ them. Never cast them aside, never drive them to \_\_\_\_\_ or \_\_\_\_\_ by saying, "You have \_\_\_\_\_ me, and I will not try to help you."  
A few words spoken hastily under provocation - just what we think they deserve--may \_\_\_\_\_ the cords of \_\_\_\_\_ that should have \_\_\_\_\_ their hearts to ours.  
{HDL 38.1}

**Influence of a Consistent Christian Life**

78. The \_\_\_\_\_ life, the \_\_\_\_\_ forbearance, the spirit unruffled under provocation, is always the most conclusive argument and the most \_\_\_\_\_ appeal.  
If you have had opportunities and advantages that have not fallen to the lot of others, consider this, and be ever a \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ teacher. {HDL 38.2}
79. All who profess to be children of God should bear in mind that as missionaries they will be brought into contact with all \_\_\_\_\_ of minds.

There are the refined and the \_\_\_\_\_, the humble and the \_\_\_\_\_, the religious and the \_\_\_\_\_, the educated and the \_\_\_\_\_, the rich and the \_\_\_\_\_.

These varied minds cannot be treated alike; yet all need \_\_\_\_\_ and \_\_\_\_\_.

### DEVELOPING CHRISTIAN CHARACTER

80. Christian life is more than many take it to be. It does not consist wholly in \_\_\_\_\_, patience, \_\_\_\_\_, and kindness. These graces are essential; but there is need also of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

#### Force of Character

81. Men of \_\_\_\_\_ are wanted, men who will not wait to have their way smoothed and every obstacle removed, men who will inspire with \_\_\_\_\_ the flagging efforts of \_\_\_\_\_ workers, men whose hearts are warm with \_\_\_\_\_ and whose hands are strong to do their \_\_\_\_\_. {HDL 41.2}
82. Some who engage in missionary service are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, easily \_\_\_\_\_. They lack \_\_\_\_\_. They have not those positive traits of character that give power to do something, the spirit and energy that kindle \_\_\_\_\_. Those who would win \_\_\_\_\_ must be \_\_\_\_\_ and \_\_\_\_\_.
83. They should cultivate not only the passive but the \_\_\_\_\_ virtues. While they are to give the soft answer that turns away wrath, they must possess the courage of a \_\_\_\_\_ to \_\_\_\_\_ evil. With the \_\_\_\_\_ that endures all things, they need the \_\_\_\_\_ of character that will make their influence a \_\_\_\_\_ power. {HDL 42.1}
84. There is in true Christian character an indomitableness that cannot be molded or subdued by \_\_\_\_\_ circumstances. We must have \_\_\_\_\_ backbone, an \_\_\_\_\_ that cannot be flattered, bribed, or terrified. {HDL 42.2}



**Mental Culture**

85. God desires us to make use of every \_\_\_\_\_ for securing a \_\_\_\_\_ for His work.  
He expects us to put all our \_\_\_\_\_ into its performance and to keep our hearts alive to its \_\_\_\_\_ and its fearful responsibilities. {HDL 42.3}
86. Christ paid an infinite price for us, and according to the price paid He desires us to \_\_\_\_\_ ourselves. {HDL 43.1}  
None should consent to be mere \_\_\_\_\_, run by another man's mind. God has given us ability, to \_\_\_\_\_ and to \_\_\_\_\_, and it is by acting with carefulness, looking to Him for \_\_\_\_\_ that you will become capable of bearing burdens.
87. Stand in your God-given personality. Be no other person's \_\_\_\_\_. Expect that the Lord will work in and by and \_\_\_\_\_ you. {HDL 43.3}  
Never think that you have \_\_\_\_\_, and that you may now relax your efforts. The \_\_\_\_\_ mind is the measure of the man.
88. Your education should continue during your \_\_\_\_\_; every day you should be \_\_\_\_\_ and putting to practical use the knowledge gained. {HDL 43.4}  
Remember that in whatever position you may serve you are revealing \_\_\_\_\_, developing \_\_\_\_\_.  
Whatever your work, do it with \_\_\_\_\_, with \_\_\_\_\_; overcome the inclination to seek an easy task. {HDL 44.1}

**How Do You Work?**

89. Workers are needed who manifest \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, those who are willing to do anything that needs to be done. {HDL 44.2}  
Man can shape circumstances, but circumstances should not be allowed to \_\_\_\_\_ \_\_\_\_\_. We should seize upon circumstances as \_\_\_\_\_ by which to work. We are to master them, but should not permit them to master us. {HDL 45.1}
90. Conflict and perplexity call for the exercise of \_\_\_\_\_ in God and for that \_\_\_\_\_ which \_\_\_\_\_ power. {HDL 45.2}

**The Motive in Service**

91. Christ gave no stinted service. He did not measure His work by \_\_\_\_\_. His \_\_\_\_\_, His heart, His \_\_\_\_\_ and strength, were given to labor for the \_\_\_\_\_ of humanity.

Through weary days He \_\_\_\_\_, and through \_\_\_\_\_ He bent in \_\_\_\_\_ for grace and endurance that He might do a \_\_\_\_\_ work.

92. With strong crying and tears He sent His \_\_\_\_\_ to heaven, that His human nature might be \_\_\_\_\_, that He might be braced to meet the wily foe in all his deceptive workings, and \_\_\_\_\_ to fulfill His missions of uplifting humanity. To His workers He says, "I have given you an \_\_\_\_\_, that ye should do as I have done." John 13:15. {HDL 45.3}

### **Singleness of Purpose**

93. In the life of Christ, everything was made \_\_\_\_\_ to His work, the great work of redemption which He came to \_\_\_\_\_. And the same \_\_\_\_\_, the same \_\_\_\_\_ and \_\_\_\_\_, the same \_\_\_\_\_ to the claims of the word of God, is to be manifest in His disciples. {HDL 48.1}
94. The true worker for God will do his \_\_\_\_\_, because in so doing he can \_\_\_\_\_ his Master. He will do right in order to regard the requirements of God. He will \_\_\_\_\_ to improve all his faculties. He will \_\_\_\_\_ every duty as unto God. His one desire will be that Christ may receive \_\_\_\_\_ and \_\_\_\_\_ service. {HDL 48.3}

### **PRESSING TOWARD THE MARK**

95. We need constantly a fresh revelation of Christ, a \_\_\_\_\_ experience that \_\_\_\_\_ with His teachings. High and \_\_\_\_\_ are within our reach. Continual \_\_\_\_\_ in knowledge and virtue is God's purpose for us. His law is the echo of His own voice, giving to all the \_\_\_\_\_, "Come up \_\_\_\_\_. Be holy, holier still."
96. Every day we may advance in \_\_\_\_\_ of \_\_\_\_\_ character. {HDL 50.1}

### **The Joy of the Lord**

97. "These things have I spoken unto you," said Christ, "that My joy might \_\_\_\_\_ in you, and that your joy might be \_\_\_\_\_." John 15:11.

Ever before Him, Christ saw the \_\_\_\_\_ of His mission. His earthly life, so full of toil and self-sacrifice, was cheered by the thought that He would not have all this travail for \_\_\_\_\_.

98. By giving His life for the life of men, He would \_\_\_\_\_ in humanity the image of God.

He would lift us up from the dust, \_\_\_\_\_ the character after the pattern of His own character, and make it \_\_\_\_\_ with His own glory. {HDL 51.2}

99. Christ saw of the travail of His soul and was \_\_\_\_\_.

He viewed the expanse of eternity and saw the \_\_\_\_\_ of those who through His humiliation should receive pardon and \_\_\_\_\_ life.

He was wounded for their \_\_\_\_\_, bruised for their iniquities. The chastisement of their \_\_\_\_\_ was upon Him, and with His stripes they were \_\_\_\_\_.

100. He heard the shout of the \_\_\_\_\_. He heard the ransomed ones \_\_\_\_\_ the song of Moses and the Lamb.

Although the baptism of blood must first be received, although the sins of the world were to weigh upon His \_\_\_\_\_ soul, although the shadow of an \_\_\_\_\_ woe was upon Him; yet for the joy that was set before Him He \_\_\_\_\_ to \_\_\_\_\_ the cross and \_\_\_\_\_ the shame. {HDL

101. This joy all His followers are to share. However great and \_\_\_\_\_ hereafter, our reward is not all to be \_\_\_\_\_ for the time of final \_\_\_\_\_.

Even here we are by faith to enter into the \_\_\_\_\_ joy. Like Moses, we are to endure as seeing the \_\_\_\_\_. {HDL 52.1}

**Evaluating the Things of Time and Eternity**

102. Stand on the threshold of \_\_\_\_\_ and hear the gracious \_\_\_\_\_ given to those who in this life have \_\_\_\_\_ with Christ, regarding it as a \_\_\_\_\_ and an honor to suffer for His sake.

103. With the angels, they cast their crowns at the feet of the \_\_\_\_\_, exclaiming, "Worthy is the Lamb that was slain to receive \_\_\_\_\_, and \_\_\_\_\_, and \_\_\_\_\_, and \_\_\_\_\_, and honor, and glory, and \_\_\_\_\_. . . . \_\_\_\_\_, and \_\_\_\_\_, and \_\_\_\_\_, be unto Him that sitteth upon the throne, and unto the Lamb for ever and ever." Revelation 5:12, 13 {HDL 53.2}

**In the Mount With God**

104. "Come up to Me into the \_\_\_\_\_," God bids us.

To Moses:

- before he could be God's instrument in \_\_\_\_\_ Israel, was appointed the \_\_\_\_\_ years of \_\_\_\_\_ with Him in the mountain solitudes.
- Before bearing God's \_\_\_\_\_ to Pharaoh, he \_\_\_\_\_ with the angel in the burning bush.

105. To Moses:

- Before receiving God's law as the \_\_\_\_\_ of His people, he was called into the mount, and beheld His \_\_\_\_\_.
- Before executing \_\_\_\_\_ on the idolaters, he was hidden in the cleft of the rock, and the Lord said, "I will \_\_\_\_\_ the name of the Lord before thee," "\_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_ to anger, and abundant in \_\_\_\_\_ and \_\_\_\_\_; . . . and that will by no means clear the guilty." Exodus 33:19; 34:6, 7

106. To Moses:

- Before he laid down, with his life, his burden for Israel, God called him to the top of \_\_\_\_\_ and spread out before him the glory of the \_\_\_\_\_.

107. The disciples:

- Before they went forth on their mission, they were called up into the \_\_\_\_\_ with Jesus.
- Before the power and glory of Pentecost, came the night of \_\_\_\_\_ with the Saviour, the meeting on the mountain in Galilee, the parting scene upon Olivet, with the \_\_\_\_\_, and the days of \_\_\_\_\_ and communion in the upper chamber.

108. A night of prayer:

- Jesus when preparing for some great trial or some important work, would resort to the solitude of the mountains and spend the \_\_\_\_\_ to His Father.

109. A night of prayer preceded:

- the \_\_\_\_\_ of the apostles
- the \_\_\_\_\_ on the Mount
- the \_\_\_\_\_

- the \_\_\_\_\_ of the judgment hall
- the \_\_\_\_\_
- the \_\_\_\_\_ glory. {HDL 56.1}

**Communion with God in Prayer**

110. We, too, must have times set apart for \_\_\_\_\_ and \_\_\_\_\_ and for receiving \_\_\_\_\_ refreshing.  
 Christ is ever sending messages to those who \_\_\_\_\_ for His voice.  
 The temptations to which we are daily \_\_\_\_\_ make prayer a necessity.
111. Those who are seeking to \_\_\_\_\_ others from vice and ruin are especially exposed to \_\_\_\_\_.  
 In constant contact with evil, they need a \_\_\_\_\_ hold upon God lest they themselves be \_\_\_\_\_.  
 The reason why so many are left to \_\_\_\_\_ in places of temptation is that they do not set the Lord \_\_\_\_\_ before them.
112. When we permit our \_\_\_\_\_ with God to be broken, our defense is departed from us.  
 You must be men and women of \_\_\_\_\_. Your \_\_\_\_\_ must not be faint, occasional, and fitful, but \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.
113. Cultivate the habit of talking with the \_\_\_\_\_ when you are \_\_\_\_\_, when you are \_\_\_\_\_, and when you are busy with your \_\_\_\_\_.  
 Let the heart be continually uplifted in \_\_\_\_\_ \_\_\_\_\_ for help, for light, for strength, for knowledge.  
 Let every \_\_\_\_\_ be a \_\_\_\_\_.
114. It is thus that you may become men and women of \_\_\_\_\_ and \_\_\_\_\_ purpose, of \_\_\_\_\_ life, men and women who will not for any consideration be \_\_\_\_\_ from truth, right, and justice.  
 Nothing is more needed in the work than the practical results of \_\_\_\_\_ with God.
115. We should show by our daily lives that we have \_\_\_\_\_ and \_\_\_\_\_ in the Saviour.  
 His peace in the heart will shine forth in the \_\_\_\_\_.  
 It will give to the voice a \_\_\_\_\_ power.  
 Men will take knowledge of us, as of the first disciples, that we have been with \_\_\_\_\_.

116. We must have a twofold life – a life of thought and action, of \_\_\_\_\_ and \_\_\_\_\_.
- The \_\_\_\_\_ received through communion with God, united with \_\_\_\_\_ in training the mind to \_\_\_\_\_ and \_\_\_\_\_, prepares one for daily duties and keeps the spirit in peace under all \_\_\_\_\_, however trying.

### The Divine Counselor

117. When in trouble, many think they must appeal to some \_\_\_\_\_, telling him their perplexities, and begging for help.
- All the time there stands beside them the \_\_\_\_\_ of the ages, inviting them to place their \_\_\_\_\_ in Him.
118. Jesus the great \_\_\_\_\_, says, “Come unto Me, and I will give you \_\_\_\_\_”.
- You may feel the \_\_\_\_\_ of your character and the \_\_\_\_\_ of your ability in comparison with the \_\_\_\_\_ of the \_\_\_\_\_.
- “Without Me ye can do \_\_\_\_\_,” says our Lord and Saviour. John 15:5
119. In your business, in companionship for leisure hours, and in alliance for life, let all the \_\_\_\_\_ you form be entered upon with \_\_\_\_\_, \_\_\_\_\_.
- You will thus show that you \_\_\_\_\_ God, and \_\_\_\_\_ will honor you.
120. Pray when you are \_\_\_\_\_.
- When you are desponding, \_\_\_\_\_ the \_\_\_\_\_ firmly to men.
  - Do not shadow the path of others; but tell \_\_\_\_\_ to Jesus.
  - Reach up your hands for help. In you weakness lay hold of \_\_\_\_\_.
  - Ask for \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, increase of \_\_\_\_\_, that you may see light in God’s light and **rejoice** in His love.

### Consecration; Trust

121. When we are \_\_\_\_\_ and \_\_\_\_\_ we stand where God can and will \_\_\_\_\_ Himself to us.
- He is well pleased when we urge \_\_\_\_\_ mercies and blessings as a \_\_\_\_\_ why He should bestow on us greater blessings.

122. We must have \_\_\_\_\_ trust in what we ourselves can do, and \_\_\_\_\_ trust in what the Lord can do \_\_\_\_\_.  
 You are not engaged in your \_\_\_\_\_ work; you are doing the work of \_\_\_\_\_.  
 Surrender your \_\_\_\_\_ and \_\_\_\_\_ to Him. Make not a single reserve, not a single \_\_\_\_\_ with self.  
 Know what it is to be \_\_\_\_\_ in Christ.
123. As you ask the Lord to help you, honor your Saviour by \_\_\_\_\_ that you do receive His \_\_\_\_\_.  
 All \_\_\_\_\_, all \_\_\_\_\_, are not at our command.  
 We have only to \_\_\_\_\_.

### **Abide in Me**

124. Christ bids us: “\_\_\_\_\_, and I in you. As the branch cannot bear fruit of itself, \_\_\_\_\_ it abide in the vine; no more can ye, except ye abide in Me...”  
 Ye have not \_\_\_\_\_ Me, but I have chosen \_\_\_\_\_, and \_\_\_\_\_ you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in \_\_\_\_\_, He may give it to you. John 15:4-16

### **This One Thing I Do**

125. “I can do all things in Him that \_\_\_\_\_ me.” Philippians 4:13  
 Whatever the \_\_\_\_\_ or \_\_\_\_\_ of the past, we may, with the help of God \_\_\_\_\_ them. With the apostle we may say:
126. “This one thing I do, \_\_\_\_\_ those things which are behind, and \_\_\_\_\_ forth unto those things which are before, I \_\_\_\_\_ toward the mark for the prize of the \_\_\_\_\_ of God in Christ Jesus.” Philippians 3:13,14

## PROJECT GUIDELINES

**NHTLH 37**

**1 credit**

1. What destination considerations are Trainees responsible for before starting out on a project?

---

---

---

---

---

---

2. What items should you take on a mission trip?

---

---

---

---

---

---

3. What restrictions should be observed at the mission home?

---

---

---

---

---

---

4. List at least three expectations in the use of bathrooms?

---

---

---

---

---

---

5. List four housekeeping duties that are required when on a project?

---

---

---

---

---

---



6. What consideration should be borne in mind when living with others on a mission project?

---

---

---

7. What general housekeeping rules should be adhered to?

---

---

8. What checks should be made as you are about to depart the mission home?

---

---

---

---

9. State seven roles which may be performed by management?

---

---

---

---

---

---

---

---

10. What principle needs to be observed when follow up programs are requested following a project in a particular area?

---

---

---

11. What principle needs to be observed when one represents the Trainer?

---

---

---

12. What financial aspects will be covered by the trainee when on a project?

---

---

---

13. How should donations and sales be handled?

---

---

---

14. Is punctuality important? \_\_\_\_\_  
If so, please state that is expected with regard to punctuality?

---

---

---

15. What behavior is expected of trainees?

---

---

---

---

---

---

---

---

16. What attitude is expected of trainees?

---

---

---

---

---

---

---

---

17. What dress is expected of Trainees?

---

---

---

---

---

---

---

---

---

---

18. What duties may be assigned on the project?

---

---

---

---

---

---

19. When is communication with Management best?

---

---

---

---

---

---

20. In what way will the team receive shared information?

---

---

---

---

---

---

21. When is the best time to communicate with family members?

---

---

---

---

---

---

22. When communication is permissible with Clients?

---

---

---

---

---

---

---

---

23. When is the best time to use the Internet?

---

---

---

---

---

---

24. What principles should be observed in cooking schools?

---

---

---

---

---

---

25. What rules should Trainees observe during lectures?

---

---

---

---

---

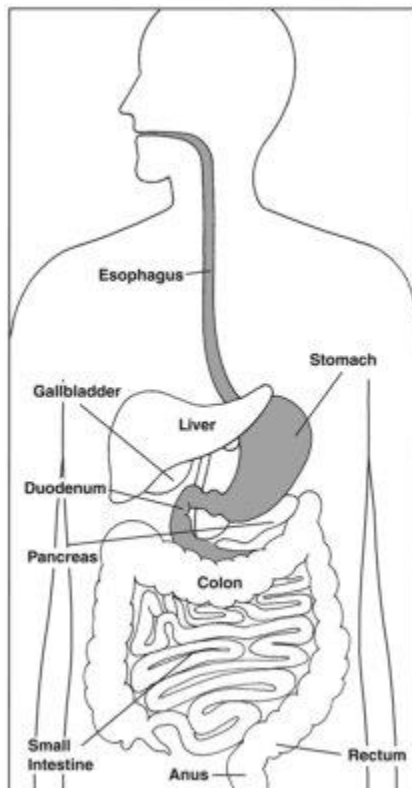
---

## ANATOMY AND PHYSIOLOGY 101

**NHTLH 38**

**1 credit**

1. I will praise thee; for I am \_\_\_\_\_ and \_\_\_\_\_ made: \_\_\_\_\_ are thy works; and that my soul knoweth right well. (Psalms 139:14)
  
2. So closely is health related to our happiness that we cannot have the latter without the former. A practical knowledge of the science of human life is necessary in order to glorify God in our bodies. It is therefore of the highest importance, that among the studies selected for childhood, \_\_\_\_\_ should occupy the first place. How few know anything about the structure and functions of their own bodies, and of nature's laws! Many are drifting about without knowledge, like a ship at sea without compass or anchor; and what is more, they are not interested to learn how to keep their bodies in a healthy condition and prevent disease. (Counsels on Health, 38)



3. What is digestion? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

4. Our bodies are constructed from what we eat; and in order to make \_\_\_\_\_ of good quality, we must have the right kind of food, and it must be prepared with such skill as will best adapt it to the wants of the system. It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful. Poor cookery is wearing away the life energies of thousands. More souls are lost from this cause than many realize. It deranges the system and produces disease. In the condition thus induced, heavenly things cannot be readily discerned. (Christian Temperance and Bible Hygiene 48)

5. The digestive tract, also known as the gastrointestinal (GI) tract, starts at the mouth, continues to the esophagus, stomach, small intestine, large intestine (commonly referred to as the colon) and rectum, and ends at the anus. The entire system, from mouth to anus, is about \_\_\_\_\_ feet.

6. Mouth: Digestion begins with chewing.

Chewing starts the five digestive fluids: \_\_\_\_\_

\_\_\_\_\_

The peristaltic waves which move the food along the digestive tract also begin to move.

The saliva softens the food and transforms some of the starch into sugar.

The longer the food is chewed the more completely the starch is digested, and the larger the amount of gastric juice produced in the stomach in readiness to digest the food when it arrives.

Proper chewing and tasting of the food permits the nerves of taste to judge the quality of the food and to regulate the intake to suit the needs of the body.

Proper chewing also helps to preserve the teeth by giving them the exercise they need.

7. Stomach: The average human adult stomach holds about \_\_\_\_\_ of food

Gastric juice is composed mainly of pepsin, an enzyme that breaks down proteins, and hydrochloric acid. It also contains sodium chloride and potassium.

Hydrochloric acid triggers the release of pepsin and kills bacteria

Gastric acid has a pH between 1.5 to 3.5, but usually closer to 2.

8. List 3 consequences of low stomach acid:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. Gastric digestion changes the food and prepares it for the action of the digestive fluids of the small intestine.

10. The stomach takes in the food, then churns it and breaks it into tiny particles called chyme. This is done to mix the gastric juice with the food.

11. After an hour or two the chyme is then released in small batches into the small intestines.

12. This continues, for about four hours until the stomach is empty.

13. What can delay the stomach from emptying in 4 hours? \_\_\_\_\_

14. List three functions of the liver:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

15. What two hormones does the pancreas produce to regulate the amount of sugar in the blood?  
\_\_\_\_\_ raises the concentration of glucose in the bloodstream.  
Its effect is opposite that of \_\_\_\_\_, which lowers the glucose concentration.
16. Where does the major part of the digestive process take place? \_\_\_\_\_.
17. Small intestine: The chyme then moves through the small intestine.  
The small intestine is about \_\_\_\_\_ feet long in an average adult.  
There are little finger-like shaped linings on the wall of the small intestine. These are called villi. Villi is used to help absorb nutrients for the body. There are 5,000,000 villi,  
The food material, which passes through the intestine, may be regarded as the soil out of which the body grows. The villi are the rootlets, which suck up the nourishment by which the body is developed and maintained.
18. Large Intestine: The chyme is then passed to the large intestine also known as the colon.  
The colon is about \_\_\_\_\_ feet in length and \_\_\_\_\_ inches in diameter.  
The three parts of the colon: the \_\_\_\_\_ colon, the \_\_\_\_\_ colon, and the \_\_\_\_\_ colon.  
The colon disposes the unusable food remnants and the excretory waste matters which enter the colon from the blood.  
Feces is the unwanted leftovers from food, combined with cellulose (roughage which is indigestible, found in foods like vegetables and bran), dead blood cells, bacteria, fatty acids and mucus used to help move the feces through the large intestine. The feces contain billions of bacteria,
19. Under normal conditions, when all parts of the digestive tract are working efficiently, the colon discharges its contents at least \_\_\_\_\_ times a day or once for each meal eaten daily.
20. The diseased stomach will find relief by \_\_\_\_\_. (Testimonies for the Church 2:530) \_\_\_\_\_ is important to digestion, and to a healthy condition of body and mind. (Testimonies for the Church 2:413)
21. Morning exercise, in walking in the free, invigorating \_\_\_\_\_ of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. (Healthful Living 130)

22. Stomach, liver, lungs, and brain are suffering for the want of deep, full inspirations of \_\_\_\_\_ . (Testimonies for the Church 2:67)



## GLUTEN, LEAKY GUT, AND GMO FOODS

**NHTLH 39**

**2 credits**

1. What is Satan’s Most Destructive Device? \_\_\_\_\_
2. List the number of Chromosomes for the following types of wheat:
  - Biblical time Einkorn wheat has: \_\_\_\_\_ chromosomes
  - Emmer wheat and Durum wheat has: \_\_\_\_\_ chromosomes
  - Modern wheat has: \_\_\_\_\_ chromosomes

3. Is modern wheat genetically modified?

4. List three examples of how modern wheat is different from ancient wheat:

---

---

---

5. What is Gluten?

---

---

6. Gluten is found in all grains, but which grains contain toxic gluten?

---

---

Wheat is now being sprayed with Roundup. Glyphosate residues *regularly* shows up in bread samples. - Food Standards Agency UK

7. List 3 ways that gluten can affect the body?

---

---

---

8. What is the main site of gluten damage?

---

9. List 5 symptoms of gluten sensitivity:

---

---

---

---

---

10. How does your gut flora influence your health?

---

---

11. How is gut flora damaged? List 3 ways.

---

---

---

12. List 3 illnesses that can be caused by a reduction of beneficial gut bacteria.

---

---

---

13. List 3 autoimmune conditions:

---

---

---

14. Gluten sensitivity can cause toxicity to the \_\_\_\_\_.

15. What are 3 inflammatory diseases of the brain?

---

---

---

16. List 3 diseases that can emerge from toxicity in the Brain.

---

---

---

17. What is now being referred to as the second brain? \_\_\_\_\_

18. What are the two main categories of GMOs:

---

19. Non-GMO crops are also sprayed with \_\_\_\_\_

20. List 3 ways that Roundup affects the body.

---

---

---

21. List 5 ways that GMOs affect humans.

---

---

---

---

---

22. How does Bt toxin affect the body?

---

---

---

23. What foods should be avoided?

---

---

---

24. What is God's solution?

---

## MENU PLANNING & FOOD COMBINATIONS MADE EASY

1. The stomach must not be kept in \_\_\_\_\_ operation.
2. \_\_\_\_\_ hours at least should lapse between each meal.
3. Regularity in \_\_\_\_\_ of vital importance.
4. What can be eaten in between meals?  
\_\_\_\_\_
5. What should not be eaten in the third meal?  
\_\_\_\_\_
6. State two biblical references for a two-meal plan. \_\_\_\_\_  
\_\_\_\_\_
7. Infants who are fed too much food results in  
\_\_\_\_\_
8. Children should be allowed only \_\_\_\_\_ food of that quality that would preserve to them the best condition of health.
9. Spices at first \_\_\_\_\_ the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane.
10. Disease of every stripe and type have been brought upon human beings by the use of \_\_\_\_\_ and \_\_\_\_\_ and the narcotics, opium and tobacco.
11. Tea and coffee do not \_\_\_\_\_ the system.
12. Name three effects of sugar. 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_
13. \_\_\_\_\_ may be so prepared as to be eaten with good results at every meal.
14. The use of soda or \_\_\_\_\_ in breadmaking is harmful and unnecessary.
15. What is a substitute of baking powder? \_\_\_\_\_
16. Bread which is two or three days old is more healthful than \_\_\_\_\_ bread.
17. The simple grains, fruits of the trees, vegetables have all the \_\_\_\_\_ properties necessary to make good blood, This a \_\_\_\_\_ diet cannot do.
18. Name the three parts of the grain? 1. \_\_\_\_\_  
2, \_\_\_\_\_ 3. \_\_\_\_\_
19. Phytates are the salts of \_\_\_\_\_; it is the storage form of phosphorus in the plant.
20. What minerals are depleted in the body as a result of consuming too much phytic acid?  
\_\_\_\_\_  
\_\_\_\_\_
21. Grains should be cooked for at least \_\_\_\_\_ hours.

22. Had the use of flesh been \_\_\_\_\_ to health and strength, animal food would have been included in the diet appointed man in the \_\_\_\_\_.
23. Hypoxanthine in meat is stimulating and creates a level of \_\_\_\_\_.
24. More die by eating \_\_\_\_\_ fruit and decayed vegetables which ferment in the stomach and result in blood poisoning,
25. The meals are better nourished, when the food is \_\_\_\_\_.
26. To make course vegetables more digestible, we can prepare them by \_\_\_\_\_  
\_\_\_\_\_
27. Knowledge in regard to \_\_\_\_\_ is of great worth, and is to be received as \_\_\_\_\_ from God.
28. What is a fruit? ... the fruit tree yielding fruit after his kind, whose \_\_\_\_\_ is \_\_\_\_\_ itself.
29. Give four examples of fruit kind? \_\_\_\_\_  
\_\_\_\_\_
30. What is a vegetable? \_\_\_\_\_
31. \_\_\_\_\_ vegetables is difficult for digestion.
32. Should course vegetables be eaten raw? \_\_\_\_\_
33. Why should course vegetable not be eaten raw? \_\_\_\_\_  
\_\_\_\_\_
34. What text in the Bible tells us that seeds and fruits were part of man's diet? \_\_\_\_\_
35. What text in the Bible tells us that vegetables were added to the diet? \_\_\_\_\_
36. What is the name of the grain family of foods? \_\_\_\_\_
37. Give three examples of the Leguminosae family? \_\_\_\_\_  
\_\_\_\_\_
38. Name three other foods of the Watermelon family? \_\_\_\_\_  
\_\_\_\_\_
39. Grains, nuts and seeds have what in common? \_\_\_\_\_
40. Cabbage belongs to which family? \_\_\_\_\_ Name three other foods in that family? \_\_\_\_\_
41. It would be much better to eat only two or three different \_\_\_\_\_ of Food at a meal than to load the stomach with many varieties.
42. Eating \_\_\_\_\_ and \_\_\_\_\_ at the same meal or during the same day, give us the correct amounts of amino acids necessary to synthesize proteins.
43. How many kinds are in this meal? Tomatoes with Sweet peppers, eggplant, brown rice, lentils, peanut. \_\_\_\_\_ kinds  
Tomatoes, Sweet peppers and Eggplant are of the \_\_\_\_\_ family  
Brown rice is of the \_\_\_\_\_ family  
Lentil peas is of the \_\_\_\_\_ family
44. How many kinds are in this meal? Avocado, Okra, Cassava, Red beans.

\_\_\_\_\_ kinds

Avocado is of the \_\_\_\_\_ family

Okra is of the \_\_\_\_\_ family

Cassava is of the \_\_\_\_\_ family

Red bean is of the \_\_\_\_\_ family

## EVALUATION – CAPSTONE PROJECT

### Course Description

This course presents an overview of acquired knowledge and understanding of the Gospel Medical Missionary Literature Evangelist training.

### Course Objectives

1. To select two clients as a case study.
2. To evaluate the health issues of the clients.
3. To accurately advise on the eight laws of health.
4. To accurately determine the nature of treatment.
5. To select a topic of your choice for presentation.
6. To demonstrate research and presentation ability.
7. To show capability of preparing counseling sheets.

---

### LEARNING ACTIVITIES

Section A	Case Study 1 and 2
Section B	Identification of main health violations
Section C	Recommended changes
Section D	Herbal Remedies
Section E	Select a topic of your choice for presentation
Section F	Utilize the recommended NHTLH format
Section G	Produce a counseling sheet to match your topic
Section H	References

**SECTION A: CASE STUDY 1 AND 2**

- Step 1 Select two willing clients who would like to get your help for recommending changes to their health challenges.
- Step 2 Let clients complete the full Lifestyle Assessment Form, ensuring that they sign the indemnity statement at the front page.
- Step 3 Maintain confidentiality of client's information at all times.
- Step 4 Your client's information will be shared only between your NHTLH Evaluator and yourself.
- Step 5 Prepare separate responses for both clients in full detail. e.g. produce your information for Client 1 for sections B, C and D separately from Client 2

**SECTION B: IDENTIFICATION OF MAIN HEALTH VIOLATIONS**

- Step 1 Carefully review each response from the client's assessment form and identify violations of the laws of health in relation to optimal health and the cause of disease.
- Step 2 Research the Client's condition.
- Step 3 Research the Client's medication and its side effects to identify any symptoms that may be related to particular drugs they are taking.

**SECTION C: RECOMMENDED CHANGES**

- Step 1 In point form; produce your recommended changes according to the various laws of health.
- Step 2 Be prepared to explain to the client your reason for making the recommended changes. Link your reasons to optimal health or the cause or remedy for the related health challenge.
- Step 3 Be prepared to share with the Client the side effects of any drug medication they may be taking. Ensure you tell the client that you are sharing information that they can work along with their physician. You do not advise the client to come off their medication.

**SECTION D HERBAL REMEDIES**

- Step 1 Research the health condition of your Clients.
- Step 2 Identify herbal options for treatment.



Step 3 Identify any hydrotherapy treatments to help the Client.

**SECTION E SELECT A TOPIC OF YOUR CHOICE FOR PRESENTATION**

Step 1 Select topic for presenting.

Step 2 Thoroughly research your topic.

Step 3 Show source of information in your presentations.

Step 4 Presentation should be produced in PowerPoint

**SECTION F UTILIZE THE RECOMMENDED NHTLH FORMAT**

Step 1 Arrange your presentation as recommended in the study. E.g. what is [disease topic]; Symptoms; Causes; Risk (optional); Diet; Lifestyle and Herbal recommendations

Step 2 Ensure to have open and close slides with your contact details and/or Ministry name.

**SECTION G PRODUCE A COUNSELING SHEET TO MATCH YOUR TOPIC**

Step 1 Research topic well.

Step 2 Prepare counseling sheet in recommended outline in a Word format.

Step 3 Ensure to have your contact details in the header of your sheet.

**SECTION H REFERENCES**

Step 1 State research references for your treatment in the assessment of your client, the PowerPoint presentation and the Counseling Sheet.



## STUDY TEXTBOOK LIST

Holy Bible (KJV)	Temperance
The Conflict of the Ages Series (5 volumes)	Counsels on Health
In Heavenly Places	Broken Blueprint
Peace Above the Storm (Steps to Christ)	Medical Ministry
Colporteur Ministry	Medical Missionary Manual
Serving God's Purpose in our Generation	Healing Wonders of Water
Ministry of Healing	Healing Wonders of Herbs
Counsels on Diet and Foods	Vaccine Alternatives
Encyclopedia of Foods and Their Healing Power (3 Volumes)	Spiritualistic Deceptions in Health and Healing
Natural Remedies Encyclopedia	Thy Nakedness Lord, What Shall I Wear
Encyclopedia of Medicinal Plants	Creeping Compromise
Health Power	Jewelry
Healthy By Nature	Of These Ye May Freely Eat
Less Stress	Seven Secrets
Free from Addiction	Optimal Diet
Testimonies on Sexual Behavior and Adultery and Divorce	Give Them Something Better
Amazing Health	Ten Talents