

Vineyard Labourer Bible College

Practical Exercises Module 1

“Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.” Child Guidance page 364 para 3.

“... lift up thy voice with strength; lift *it* up, be not afraid; say unto the cities of Judah, Behold your God!” Isaiah 40:9

“Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.” Psalm 98:4.

“Voice culture is a subject that has much to do with the health of students. The youth should be taught how to breathe properly and how to read in such a way that no unnatural strain shall come on the throat and lungs, but that the work shall be shared by the abdominal muscles.” Counsels to Parents, Teachers, and Students page 297 para 2.

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.” Genesis 2:15.

“In the cultivation of the soil the thoughtful worker will find that treasures little dreamed of are opening up before him. No one can succeed in agriculture or gardening without attention to the laws involved. The special needs of every variety of plant must be studied. Different varieties require different soil and cultivation, and compliance with the laws governing each is the condition of success.” Adventist Home page 142 para 3.

“There is a wide field of service for women as well as for men. The efficient cook, the seamstress, the nurse-- the help of all is needed. Let the members of poor households be taught how to cook, how to make and mend their own clothing, how to nurse the sick, how to care properly for the home.” Adventist Home page 485 para 2.

“Cooking schools should be established, and house-to-house instruction should be given in the art of cooking wholesome food. Old and young should learn how to cook more simply.” Testimonies for the Church vol. 9, page 161.

“Enoch walked with God, and he bore a message of warning to the inhabitants of the old world. . . . As Enoch was, so are we to be. Personal piety is to be blended with the most earnest and energetic warnings and appeals.” Christ Triumphant page 46 para 5.

“Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given.” Steps to Christ by E. White, page 91 para 1.

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Vineyard Labourer Bible College Training for the Christian Walk

1a - POSTURE

What does posture mean? "Posture, the relative position of different parts of the body at rest or during movement; dependent on shape of spine and on balanced contraction of muscles around spine and in each limb; good posture helps prevent neck and back pain and results from balancing body weight around body's center of gravity in lower spine and pelvis; bad posture results from sitting slumped in a chair or standing with shoulders and back hunched; obesity is bad for posture because it strains muscles; disorders of nerves, muscles, joints, and bones can also cause poor posture." Excerpted from Compton's Interactive Encyclopedia. Copyright © 1994, 1995 Compton's NewMedia, Inc.

"Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote. Let the teacher give instruction on this point by example and by precept. Show what a correct position is, and insist that it shall be maintained." Ed. page 198 para. 3.

"Schoolrooms generally have not been constructed in reference to health, but in regard to cheapness. The rooms have not been arranged so they could be ventilated as they should be without exposing the children to severe cold. The seats have seldom been made so that the children can sit with ease, and keep their little, growing frames in a proper posture to insure healthy action of the lungs and heart. Young children can grow into almost any shape, and can, by habits of proper exercise and positions of the body, obtain healthy forms. It is destructive to the health and life of young children to sit in the schoolroom, upon hard, ill-formed benches, from three to five hours a day, inhaling the air made impure by many breaths. The weak lungs become affected, the brain, from which the nervous energy of the whole system is derived, becomes enfeebled by being called into active exercise before the strength of the mental organs is sufficiently matured to endure fatigue." H.L. page 150 para.1.

"146. What should be the position of the body in standing or walking in order to properly develop the muscles?

"The body should be upright; with the head, shoulders and hips thrown back, and the breast forward. Constant bending over will cause a round-shouldered, crooked, mean, diminutive appearance. But the appearance is the smallest evil. It causes the bones of the chest to press upon the internal organs of the body, and hinders their healthy action, causes short breathing, and pain in the chest, weakness of the lungs, and finally consumption.

"A person who stands erect, can stand with more ease, labor better, and travel farther in a day, than one who stoops. Students, when sitting at their studies, or in writing, should avoid a stooping posture. If we always keep the body in a proper position it will tend to make the back bone firm and strong. In all bodily or mechanical labor the body should be bent, or lean on the hip joints; the trunk should be kept as straight as possible." *Hand Book of Health* by J. N. Loughborough, page 59 para. 4 - 6.

"94. Is it important to care for this frame-work?

"It is. If we wear our clothing too tight, we diminish the size of the chest, crowd the lungs, heart, and other organs, and hinder their healthy action. By sitting, or standing in a stooping posture, the lower end of the sternum is crowded upon the stomach, which injures and weakens it. Men or women who wear tight clothing over the lower ribs must injure their health." *Hand Book of Health* by J. N. Loughborough, page 36, Para. 7 & 8.

"55. How do many persons injure the shape of the spinal column?

"By wrong positions in sitting, standing, or lying down. By sitting considerable of the time, as many do, in rocking chairs, or while writing, bent forward, or with one shoulder higher than the other. By

these ill-habits, this column becomes bent too far forward, or crooked sidewise, causing either round shoulders, or a dropping of one shoulder lower than the other. Some lie on two or three pillows, so that when they habitually lie upon the side they are in danger of causing this same curvature of the spine.

"In sitting, you should sit back against the back of the chair, with head erect, shoulders back, and the whole vertebral column to the shoulders resting against the back of the chair. In lying down, whether on the back or side, lie with the body, arms, and limbs straight, and the head elevated not more than four inches. You should habituate yourself to sleeping on either side. Frequently changing from side to side is also beneficial. Never sleep lying upon your face." *Hand Book of Health* by J. N. Loughborough, page 27 para. 2-4.

"The best treatment of all is, of course, prevention. Much back pain that develops later in life can be prevented by protecting the back sensibly when younger. People of any age, whether with a history of back pain or not, should be taught to adopt a correct sitting and working posture; always to bend at the knees, particularly while lifting a heavy weight; and to sleep in a firm bed in order to prevent stresses and strains imposed on the back because of poor back support while asleep." "Backache," Microsoft © Encarta © 99 Encyclopedia. © 1993-1998 Microsoft Corporation. All rights reserved.

How is your posture?

Are you sitting and standing correctly?

If not you should start doing it correctly so as to avoid back injury, and other health problems.

RESPIRATION AND VOCAL CULTURE

"Next in importance to right position are respiration and vocal culture. The one who sits and stands erect is more likely than others to breathe properly. But the teacher should impress upon his pupils the importance of deep breathing. Show how the healthy action of the respiratory organs, assisting the circulation of the blood, invigorates the whole system, excites the appetite, promotes digestion, and induces sound, sweet sleep, thus not only refreshing the body, but soothing and tranquilizing the mind. And while the importance of deep breathing is shown, the practice should be insisted upon. Let exercises be given which will promote this, and see that the habit becomes established.

"The training of the voice has an important place in physical culture, since it tends to expand and strengthen the lungs, and thus to ward off disease. To ensure correct delivery in reading and speaking, see that the abdominal muscles have full play in breathing and that the respiratory organs are unrestricted. Let the strain come on the muscles of the abdomen rather than on those of the throat. Great weariness and serious disease of the throat and lungs may thus be prevented. Careful attention should be given to securing distinct articulation, smooth, well-modulated tones, and a not-too-rapid delivery. This will not only promote health, but will add greatly to the agreeableness and efficiency of the student's work.

"In teaching these things a golden opportunity is afforded for showing the folly and wickedness of tight lacing and every other practice that restricts vital action. An almost endless train of disease results from unhealthful modes of dress, and careful instruction on this point should be given. Impress upon the pupils the danger of allowing the clothing to weigh on the hips or to compress any

organ of the body. The dress should be so arranged that a full respiration can be taken and the arms be raised above the head without difficulty. The cramping of the lungs not only prevents their development, but hinders the processes of digestion and circulation, and thus weakens the whole body. All such practices lessen both physical and mental power, thus hindering the student's advancement and often preventing his success."

Ed. pages 198 para. 4 - 199 para. 2.

Do's:-

- toned right, has solemnity, and is so modulated as to be even pathetic.
- speak clearly and distinctly.
- by the music of your voice and the emphasis placed on the words you can make the scene presented stand out clearly before the mind of the listener.
- read with a soft, musical cadence which will charm the hearers.
- speak with power and expression, making the words of eternal life so expressive and impressive that the hearers cannot but feel their weight.
- speak so plainly that the listeners can understand every word.
- read the Bible with clear, distinct utterance in a way that will honor God.
- lift up your head and with holy awe speak to your heavenly Father, uttering words in tones that can be heard.
- the testimonies borne and the prayers offered should be clear and distinct.
- let every word be full and well rounded.
- every sentence clear and distinct to the very last word.
- the greater your simplicity, the better will your words be understood.
- read intelligibly, and speak in full, clear, round tone, in a distinct and impressive manner.
- speak in pleasant tones, to use pure and correct language, and words that are kind and courteous.
- sweet, kind words are as dew and gentle showers to the soul.
- we should be careful of our words.
- under all circumstances reproof should be spoken in love.
- pronunciation should be clear.
- a slow, distinct, clear utterance, preserving the music of the voice.

Don'ts:-

- raising your voice to a very high pitch and hallooing and screaming out the truth.
- speak in tones that stir the worst passions of the heart.
- speak sharply and harshly.
- sharp, dictatorial words, uttered in hard, rasping tones.
- let not those who kneel around the family altar put their faces in their hands close down to the chair when they address God.
- Satan rejoices when the prayers offered to God are almost inaudible.
- approach the end of a sentence lower the tone of the voice, speaking so indistinctly that the force of the thought is destroyed.
- read or speak in so low or so rapid a manner that they cannot be readily understood.
- have a thick, indistinct utterance.
- speak in a high key, in sharp, shrill tones, that are painful to the hearers.
- no evil speaking, no frivolous talk, no fretful repining or impure suggestion.
- "Let no corrupt communication proceed out of your mouth." Eph. 4:29. A corrupt communication does not mean only words that are vile. It means any expression contrary to holy principles and pure and undefiled religion. It includes impure hints and covert insinuations of evil.
- a nasal tone or an ungainly attitude should be at once corrected.

- any lack of distinctness should be marked as defective.
- speaking in a thick, indistinct way, as if their tongue were too large for your mouth.
- speak, not in a nervous, hurried manner.
- no high-sounding words used, to understand which it is necessary to consult a dictionary.

Read these quotes to find out more about speaking correctly.

- T.2. pages 615-7.
- T.4. page 404 para. 2.
- T.6. pages 380 para. 3, 4 - 381 para. 1, 3, 4; page 382 para. 2; page 383 para. 1.
- C.O.L. page 335 para. 3 - 5; page 336 para. 4 - page 337 para. 2.
- C.T. page 239 para. 1 - page 240 para. 2.
- D.A. pages 253 - 5.

Also read these quotes about vocal and instrumental music.

- P.P. page 594 para. 2.
- F.E. page 97 para. 4.
- T.1. page 146 para. 1.
- T.7. page 115 para. 3.

**Using the above information make sure that you speak correctly,
and change any defects in you speech so that you don't injure your health,
and so that you bring glory and honour to God.**

1b - PERSONAL CLEANLINESS

Keeping the body clean.

"The value of the daily bath in promoting health and in stimulating mental action, should be emphasized." Ed. page 200 para. 1.

"See that the children have a daily bath, followed by friction till their bodies are aglow. Tell them that God does not like to see His children with unclean bodies and ragged garments. Then go further, and speak of inward purity. Let it be your constant effort to uplift and ennoble your children." C.H. page 103 para. 3.

Note: Friction in this quote means rubbing briskly with a towel.

"Persons in health should on no account neglect bathing. They should by all means bathe as often as twice a week. Those who are not in health have impurities of the blood, and the skin is not in a healthy condition. The multitude of pores, or little mouths, through which the body breathes become clogged and filled with waste matter. The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities; therefore feeble persons who are diseased surely need the advantages and blessings of bathing as often as twice a week, and frequently even more than this is positively necessary. Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system's being weakened it is strengthened. Instead of increasing the liability to cold, a bath, properly taken, fortifies against cold because the circulation is improved and the uterine organs, which are more or less congested, are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained." T.3. page 70 - 71.

Note: This quote was written about 1874 when people only took a bath once a week or even less frequently.

Read "Home Hygiene" C.T.B.H. pages 105 - 108.

Take a daily bath.

Wash hands with soap and water after going to the toilet, and before each meal.

When you have become dirty or sweaty by working either inside or outside have a bath or wash before starting any inside clean jobs or taking a rest.

Care of your teeth.

"Thorough mastication is a benefit both to the teeth and the stomach." H.L. page 161 page 4.

The leading and most important use of teeth is to cut and chew, or grind the food so finely that it may be mixed with the saliva, or the moisture of the mouth, before passing into the stomach. They also assist the voice in talking, reading aloud, and singing. If a person loses two or three front teeth, he talks, reads, and sings, in a hissing, disagreeable manner. The loss of teeth prevents a person from giving the correct sounds of many letters, and from articulating distinctly.

The teeth should be cleansed with a brush or a soft piece of flannel, tepid water, and salt or a non-fluoride tooth paste, after every meal, but more especially before retiring to rest, and again after

rising in the morning. The mouth should be rinsed after brushing. Soft water is always best for the teeth. If the teeth are closely set together, drawing a thread or dental floss between them occasionally will be of great benefit.

We should never pick nor scratch them with pins or pocket knives; for these break the enamel. Quill or wooden tooth picks may be useful in removing any particles of food that may not be readily reached by the brush, but metallic tooth picks should never be used.

When the enamel is once destroyed it is seldom, if ever, restored again. When it is once broken the teeth are liable to rapid decay. It is important to use our teeth carefully in this respect, and not use them to crack nuts, or bite very hard substances, so that in after time we be deprived of their more important use in grinding our food.

The cause of the pain called "tooth-ache" is when a tooth is so decayed that its inflamed nerve is exposed to the air, it causes tooth-ache. Sometimes food crowded against the bare nerves in eating, produces the same effect. If any of our teeth have begun to decay, a dentist should be consulted as soon as possible, and the cavities filled with a non-mercury filling. Natural teeth, if partly filled, are always better than artificial teeth. When teeth are past filling, they should be immediately removed.

The other great leading cause of premature decay of teeth is their disuse. The more the teeth are regularly and properly used for the purposes for which they were intended, that of masticating and preparing the food for the stomach, the more healthy they will be, and the less liable to decay. Experience shows that the teeth decay the most rapidly between the ages of fifteen and thirty. So that youth need to give the most special attention to their teeth.

Care of your hair.

"Doth not even nature itself teach you, that, if a man have long hair, it is a shame unto him? But if a woman have long hair, it is a glory to her: for her hair is given her for a covering." 1 Cor. 11:14, 15.

"Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price." 1 Peter 3:3, 4.

"In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works." 1 Tim. 2:9, 10.

"But the very hairs of your head are all numbered." Matt. 10:30.

Hair is dependent on an organism of nerves, vessels, etc., for its sustenance and production. The root of the hair, which is situated just beneath the skin, consists of a small oval pulp, invested by a sheath or capsule. That part of the hair in a state of growth is hollow, and filled with this pulp. The vigor of the hair depends on the vigor of its roots. The vigor and integrity of these roots depends on the general welfare of the body. Injury to the digestive organs, gluttony, intemperance, sensual excess of any kind, anger, grief, fear, etc., powerfully affect the roots of the hair, and thus the hair itself. Violent grief, or excessive fear, have whitened the hair, sometimes in a very few hours. The coloring matter is furnished by the bulb at the root of the hair, and the color of the hair is according to the color of the bulb.

It is the unhealthy action of the root of the hair that causes its dry appearance, or its turning gray. All applications to the head, except those which give vigor to the roots of the hair, and healthiness to the skin of the head, are decidedly injurious. Dietetic errors, or abuse of the stomach, are of the greatest injury to the hair; so a proper regard to all the laws of our being is the only reasonable ground on which we can expect a healthy head of hair.

Hair should be thoroughly brushed at least once a day. Hair which includes beards and mustaches on men, should be washed with soap or shampoo and rinsed well at least once a week. A conditioner can be applied to the hair after washing, but is not necessary. This is usually rinsed out like the shampoo. Some people will need to wash their hair more frequently if it gets dirty or oily. If hair is not washed frequently enough, dandruff can occur. Dandruff is a skin condition in which loose scales of dead cells and dried oil secreted by glands are found in the hair.

Care of your clothes.

The Christian's dress should be simple, but neat and tasteful. The Christian who wears torn, untidy clothes, who thinks any outfit good enough for home wear, no matter how soiled or dilapidated it may be, gives an example that encourages untidiness. Others cannot help seeing the difference between their appearance and the appearance of those who dress neatly; and their respect for them is weakened. Christians, make yourselves attractive, not by wearing elaborately trimmed garments, but by wearing those that are neat and well fitting. Let your appearance teach a lesson of neatness.

"From their infancy, children should be taught lessons of purity. Mothers cannot too early begin to fill the minds of their children with pure, holy thoughts. And one way of doing this is to keep everything about them clean and pure. Mothers, if you desire your children's thoughts to be pure, let their surroundings be pure. Let their sleeping rooms be scrupulously neat and clean. Teach them to care for their clothing. Each child should have a place of his own to care for his clothes. Few parents are so poor that they cannot afford to provide for this purpose a large box, which may be fitted with shelves and tastefully covered." C.H. page 103 para.1.

"The Lord then gave Moses express directions in regard to preparing the people for Him to approach nigh to them, that they might hear His law spoken, not by angels, but by Himself. 'And the Lord said unto Moses, Go unto the people, and sanctify them today and tomorrow, and let them wash their clothes, and be ready against the third day: for the third day the Lord will come down in the sight of all the people upon Mount Sinai.'

"The people were required to refrain from worldly labor and care, and to possess devotional thoughts. God required them also to wash their clothes. He is no less particular now than He was then. He is a God of order, and requires His people now upon the earth to observe habits of strict cleanliness. And those who worship God with unclean garments and persons do not come before Him in an acceptable manner. He is not pleased with their lack of reverence for Him, and He will not accept the service of filthy worshipers, for they insult their Maker. The Creator of the heavens and of the earth considered cleanliness of so much importance that He said, 'And let them wash their clothes.'" S.R. page 138 para. 1 & 2.

"The students are in our schools for a special training to become acquainted with all lines of work that should they go out as missionaries they could be self-reliant and able, through their educated ability, to furnish themselves with necessary conveniences and facilities. Whether men or women, they should learn to mend, wash, and keep their own clothes in order." T.6. page 208 para. 2.

"That great and mighty God who created the beautiful Eden, and everything lovely in it, is a God of order; and he wants order and cleanliness with his people. That mighty God spoke to Moses to tell the people to wash their clothes, lest there should be impurity in their clothing and about their

persons, as they came up before the Lord. And Moses went down from the mount unto the people, and they washed their clothes, according to the command of God.

"And to show the carefulness they were to observe in regard to being cleanly, Moses was to put a laver between the tent of the congregation and the altar, "and put water therein to wash withal." And Moses and Aaron that ministered before the Lord, and Aaron's sons, were to wash their hands and their feet thereat when they went into the tent of the congregation, and when they went in before the Lord.

"Here was the commandment of the great and mighty God. There was to be nothing slack and untidy about those who appeared before him, when they should come into his holy presence. And what was this for? What was the object of all this carefulness? Was it merely to recommend the people to God? Was it merely to gain his approbation? The reason that was given me was this: that a right impression might be made upon the people. If those who ministered in the sacred office should fail to manifest care and reverence for God in their apparel and their deportment, the people would lose their awe and reverence for God and his sacred service. If the priests showed great reverence for God, by being very careful and very particular as they came into his presence, it gave the people an exalted idea of God and his requirements. It showed them that God was holy, that his work was sacred, and that everything in connection with the work of God must be holy; that it must be free from everything like impurity and uncleanness; and that all defilement must be put away from those that approach nigh to God. From the light that has been given me, there has been a carelessness in this respect. I might speak of it, as Paul presents it. It is carried out in will-worship and neglecting of the body. But this voluntary humility, this will-worship and neglecting of the body, is not the humility that savors of Heaven. That humility that savors of Heaven will be particular to have the person, and actions, and apparel, of all who preach the holy truth of God, right, and perfectly proper, so that every item connected with us will recommend our holy religion. The very dress will be a recommendation of the truth to unbelievers. It will be a sermon in itself." R.H., May 30, 1871 para. 8 -10.

Does God expect any less of His people today?

"I saw that God is no less particular now than He was anciently. He gave special direction to the children of Israel to observe cleanliness in their camps, to wash their clothes, etc., etc., lest the Lord should pass by and see their uncleanness and would not go out with their armies to battle against their enemies. I was shown that in this God wished Israel to practice habits which would ensure them health and would keep them elevated above the heathen around them, for they were His peculiar treasure which He was sanctifying to Himself. Nothing would be more displeasing to God than for them to have disregarded His special commands and persisted in being unclean; and, if they had done so, the consequences would be that God would visit them with curses instead of blessings, with defeat instead of victory. If any family among Sabbathkeepers dare continue in slack, disorderly habits and risk it, they will be visited with a curse instead of a blessing, for they will be the means of bringing a reproach upon all Sabbathkeepers and will cause the heathen to make them a byword and a proverb." 9M.R. page 280 para. 1.

Washing of clothes

As clothing absorbs impurities that are expelled from the body through the skin, they should not be worn for long periods of time without thorough washing. When the climate is cooler it may be feasible to wear the same item for a couple of days. However, when the climate is hot clothing should be changed daily, sometimes even twice a day if clothing is too saturated in perspiration.

Clothing should be washed in clean water with soap. They should then be rinsed and hung out to dry. Once they are thoroughly dry they can be placed back in the house ready for re-use. If clothing get a small tear in them always fix it before washing as washing will make the tear larger. As the old saying goes, "A stitch in time saves nine."

1c - CLEANLINESS AT HOME

Order is heaven's first law, and the Lord desires His people to give in their homes a representation of the order and harmony that pervade the heavenly courts. Truth never places her delicate feet in a path of uncleanness or impurity. Truth does not make men and women coarse or rough and untidy. It raises all who accept it to a high level. Under Christ's influence, a work of constant refinement goes on.

Special direction was given to the armies of Israel that everything in and around their tents should be clean and orderly, lest the angel of the Lord, passing through the encampment, should see their uncleanness. Would the Lord be particular to notice these things? He would; for the fact is stated, lest in seeing their uncleanness, He could not go forward with their armies to battle.

He who was so particular that the children of Israel should cherish habits of cleanliness, will not sanction any impurity in the homes of His people today. God looks with disfavor on uncleanness of any kind. How can we invite Him into our homes unless all is neat and clean and pure?

An Outward Sign of Purity Within

Believers should be taught that even though they may be poor, they need not be uncleanly or untidy in their persons or in their homes. Help must be given in this line to those who seem to have no sense of the meaning and importance of cleanliness. They are to be taught that those who are to represent the high and holy God must keep their souls pure and clean, and that this purity must extend to their dress, and to everything in the home, so that the ministering angels will have evidence that the truth has wrought a change in the life, purifying the soul and refining the tastes. Those who, after receiving the truth, make no change in word or deportment, in dress or surroundings, are living to themselves, not to Christ. They have not been created anew in Christ Jesus unto purification and holiness.

Some are very untidy in person. They need to be guided by the Holy Spirit to prepare for a pure and holy heaven. God declared that when the children of Israel came to the mount, to hear the proclamation of the law, they were to come with clean bodies and clean clothes. Today His people are to honor Him by habits of scrupulous neatness and purity.

Christians will be judged by the fruit they bear. The true child of God will be neat and clean. While we are to guard against needless adornment and display, we are in no case to be careless and indifferent in regard to outward appearance. All about our persons and our homes is to be neat and attractive. The youth are to be taught the importance of presenting an appearance above criticism, an appearance that honors God and the truth.

Taken from C.H. Pages 101 - 102.

"The Lord commanded the children of Israel to wash their clothes and put away all impurity from their encampment, lest in passing by He should see their uncleanness. God is passing by our homes today, and He looks upon the unsanitary conditions of families and the lax habits. Had we not better reform, and that without delay? . . . If God was so particular to enjoin cleanliness upon those journeying in the wilderness, who were in the open air nearly all the time, He requires no less of us who live in ceiled houses, where impurities are more observable and have a more unhealthful influence. Uncleanness in the home is a great mistake, for it is educating in its effects and casts its influence abroad. Even in babyhood a right direction should be given to the minds and habits of children. . . . Show them that uncleanness, whether in body or dress, is objectionable to God. Teach

them to eat in a clean manner. Constant vigilance must be exercised that these habits may become second nature to them. . . . Impurity will be despised as it should be. . . ." C.G. page 106 para. 1, 3 and 4.

"You should cultivate a love for neatness and strict cleanliness. "Dress your children simply and plainly. Let their clothes be made of durable material. Keep them sweet and clean. Teach them to hate anything like dirt and filth." C.G. page 107 para. 2 & 3.

"Whole families might be helped and blessed if parents would find something for their children to do. Why are not ministers and teachers more explicit on this subject that means so much to physical health and spiritual soundness? The boys and girls of the family should feel that they are a part of the home firm. They should strive to keep the premises cleansed from every unpleasant sight. Instruction in these lines should be given.

"Every form of uncleanness tends to disease. Death- producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder. Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home." C.G. page 107 para. 5 - page 108 para. 1.

"Cleanliness and order are Christian duties, yet even these may be carried too far and made the one essential, while matters of greater importance are neglected. Those who neglect the interests of the children for these considerations are tithing the mint and cummin, while they neglect the weightier matters of the law--justice, mercy, and the love of God." C.G. page 109 para. 3.

"We have had very clear instruction regarding the danger of polluted atmosphere to life and health; and we hope never to be guilty of the least carelessness in this respect. No pains or money should be spared to secure perfect sewer arrangements in connection with our schools and sanitariums. Message after message in regard to this matter has been given to those bearing responsibilities in our institutions. I have been plainly instructed that carelessness or neglect in regard to sanitary conditions, in the home or in public buildings, means a withdrawal of the blessing of God.--Letter 155, 1904." 3 M.R. page 354 para. 3.

"A yard beautified with scattering trees and some shrubbery, at a proper distance from the house, has a happy influence upon the family, and, if well taken care of, will prove no injury to the health. But shade trees and shrubbery close and dense around a house, make it unhealthful; for they prevent the free circulation of air, and shut out the rays of the sun. In consequence, a dampness gathers in the house, especially in wet seasons. Those who occupy the sleeping-rooms are troubled with rheumatism, neuralgia, and lung complaints. Then the great quantities of fallen leaves, if not removed immediately, decay, and poison the atmosphere. Dwellings, if possible, should be built on high ground. If a house is built where the water will settle around it, remaining for a time and slowly drying away, there is a poisonous miasma continually rising from the damp ground, which breeds sore throat, fevers, ague, or lung diseases." C.T.B.H. page 107 para. 2.
(NOTE:- *Climate and land features need to be taking into consideration when applying this quote.*)

Further reading:-

A.H. pages 18, 21-24, 152-153.

T. 6. pages 170 para. 1 - page 171 para. 2.

C.G. pages 110 para. 1 - page 111 para 3.
2 S.G. page 288.

- Keep your home both inside and outside, neat and clean.
- Especially make sure that where food is prepared it is thoroughly cleaned and disinfected so that food does not get contaminated and make those who eat it sick.
- Don't keep piles of rubbish around the house that will pollute the air and cause sickness.
- Make sure that you have proper sanitation facilities.
- Keep plants and trees away from the house so that it has plenty of sunlight and ventilation.

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