

Health Quotes 'n' Notes™

# Sunlight, Fresh Air, and the Home Environment





**Health Quotes n' Notes<sup>TM</sup>**  
**Sunlight, Fresh**  
**Air, and the Home**  
**Environment**

**A compilation of E.G. White,  
Bible texts, and more.**

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**This Book is NOT for RESALE!**

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DISCLAIMER: This booklet is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

# Sunlight, Fresh air, and The Home Environment

## Introduction

Sunlight is a blessing that many are becoming afraid of. We are told of skin cancer and it frightens many into wearing sunscreen. But is sunlight all that bad? Well, too much of anything, even good is not a good thing. We've all learnt that with eating too much. But just because too much is not good, doesn't mean too little is ok! Vitamin D deficiency is raising it's ugly head in North America, and we need to be aware of all that is entailed in this problem. Sunlight is a natural anti-bacterial agent. It even kills staph, the infection that hospitals sometimes have trouble getting rid of.

So how much sun do we need? That depends on where you live, what time of year it is, and how dark your skin. Consult your local health professional for more information on vitamin D deficiency, and don't swallow a pill without cause.

“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.” {MH 276.5}

***We should learn about sunlight and fresh air:*** “Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies--pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of sunlight in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use.” {MM 223.4}

***Part of the Health Code:*** “I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body... And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided--pure air, pure water, and the healing, precious sunlight.” {CG 367}

## **Our home environment**

***Provide Ventilation, Sunlight, and Drainage:*** “In the construction of buildings, whether for public purposes or as dwellings, care should be taken to provide for good ventilation and plenty of sunlight. Churches and schoolrooms are often faulty in this respect. Neglect of proper ventilation 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.” {AH 148.1}

***Consider ventilation and sunlight when building a home:*** “In the building of houses it is especially important to secure thorough ventilation and plenty of sunlight. Let there be a current of air and an abundance of light in every room in the house. Sleeping rooms should be so arranged as to have a free circulation of air day and night. No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and sunshine. In most countries bedrooms need to be supplied with conveniences for heating, that they may be thoroughly warmed and dried in cold or wet weather.

The guestchamber should have equal care with the rooms intended for constant use. Like the other bedrooms, it should have air and sunshine, and should be provided with some means of heating, to dry out the dampness that always accumulates in a room not in constant use. Whoever sleeps in a sunless room, or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health, and often of life. In building, many make careful provision for their plants and flowers. The greenhouse or window

devoted to their use is warm and sunny; for without warmth, air, and sunshine, plants would not live and flourish. If these conditions are necessary to the life of plants, how much more necessary are they for our own health and that of our families and guests!

If we would have our homes the abiding place of health and happiness we must place them above the miasma and fog of the lowlands, and give free entrance to heaven's life-giving agencies. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets, and tarnish the picture frames; but it will bring a healthy glow to the cheeks of the children. Those who have the aged to provide for should remember that these especially need warm, comfortable rooms. Vigor declines as years advance, leaving less vitality with which to resist unhealthful influences; hence the greater necessity for the aged to have plenty of sunlight, and fresh, pure air." {MH 274-5}

***Don't keep rooms closed up and dark:*** "Some houses are furnished expensively, more to gratify pride than for the comfort, convenience, or health of the family. The best rooms are kept closed and dark, lest the light might injure the rich furniture, fade the carpets, or tarnish the picture frames. When visitors are permitted to be seated in these precious rooms, they are in danger of taking cold because of the damp atmosphere pervading them. Parlor bedrooms are kept closed for the same reasons. Sleeping-rooms should be large, and so arranged as to have a free circulation of air day and night. Those who have slept in an ill-ventilated room

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awake feeling feverish and exhausted. This is because the vital air was excluded, and the whole system suffers in consequence. Whoever occupies beds which have not been freely exposed to the air and sunlight, does so at the risk of health, and often even of life itself. There should be a circulation of air and an abundance of light through every apartment of the house for several hours each day. If you have God's presence, and possess earnest, loving hearts, then a humble home, made bright with air and sunshine, and cheerful with the welcome of unselfish hospitality, will be to your family and the weary traveler a heaven below." {CTBH 106.3}

***Avoid Building or Buying a House in the Lowlands:*** "If we would have our homes the abiding place of health and happiness, we must place them above the miasma and fog of the lowlands and give free entrance to heaven's life-giving agencies. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets and tarnish the picture frames, but it will bring a healthy glow to the cheeks of the children." {AH 149.2} So far as possible, all buildings intended for human habitation should be placed on high, well-drained ground. This will ensure a dry site. . . . This matter is often too lightly regarded. Continuous ill health, serious diseases, and many deaths result from the dampness and malaria of low-lying, ill-drained situations." {AH 148.2}

***Tastefully done ok:*** "Not long since I heard a mother say that she liked to see a house fitly constructed, that defects in the arrangement and mismatched woodwork in the finishing annoyed her. I do not condemn nice taste in this respect..." {FE 157.1}

***The house of model comfort:*** "The house was a model of comfort, although not extravagantly furnished. The rooms were all well lighted and ventilated, . . . which is of more real value than the most costly adornments. The parlors were not furnished with that precision which is so tiresome to the eye, but there was a pleasing variety in the articles of furniture. The chairs were mostly rockers

or easy chairs, not all of the same fashion, but adapted to the comfort of the different members of the family. There were low, cushioned rocking chairs and high, straight-backed ones; wide, capacious lounging chairs and snug, little ones; there were also comfortable sofas; and all seemed to say, Try me, rest in me. There were tables strewn with books and papers. All was neat and attractive, but without that precise arrangement that seems to warn all beholders not to touch anything for fear of getting it out of place. The proprietors of this pleasant home were in such circumstances that they might have furnished and embellished their residence expensively, but they had wisely chosen comfort rather than display. There was nothing in the house considered too good for general use, and the curtains and blinds were not kept closed to keep the carpets from fading and the furniture from tarnishing. The God-given sunlight and air had free ingress, with the fragrance of the flowers in the garden. The family were, of course, in keeping with the home; they were cheerful and entertaining, doing everything needful for our comfort, without oppressing us with so much attention as to make us fear that we were causing extra trouble. We felt that here was a place of rest. This was a home in the fullest sense of the word.” {AH 152-3}

***Use nature as a principle for decorating:*** “The rigid precision which we have mentioned as being a disagreeable feature of so many homes is not in accordance with the great plan of nature. God has not caused the flowers of the fields to grow in regular beds, with set borders, but He has scattered them like gems over the greensward, and they beautify the earth with their variety of form and color. The trees of the forest are not in regular order. It is restful to eye and mind to range over the scenes of nature, over forest, hill, and valley, plain and river, enjoying the endless diversity of form and color, and the beauty with which trees, shrubs, and flowers are grouped in nature’s garden, making it a picture of loveliness. Childhood, youth, and age can alike find rest and gratification there. This law of variety can be in a measure carried out in the home. There should be a proper harmony of colors and a general fitness of things in the furnishings of a house; but it is not necessary to good

taste that every article of furniture in a room should be of the same pattern in design, material, or upholstery; but, on the contrary, it is more pleasing to the eye that there should be a harmonious variety.

{AH 153-4}

*The very best part of the house, the sunniest and most inviting rooms, and the most comfortable furniture should be in a daily use by those who really live in the house.*

***Use the whole house:*** “The very best part of the house, the sunniest and most inviting rooms, and the most comfortable furniture should be in a daily use by those who really live in the house. This will make home attractive to the inmates and also to that class of friends who really care for us, whom we could benefit, and by whom we could be benefited.”  
{AH 154}

***Consider the Children’s Comfort and Welfare:*** “It does not require costly surroundings and expensive furniture to make children contented and happy in their homes, but it is necessary that the

parents give them tender love and careful attention... In fact the comfort and welfare of the children are the last things thought of in such a home. They are neglected by the mother, whose whole time is devoted to keeping up appearances and meeting the claims of fashionable society. Their minds are untrained; they acquire bad habits and become restless and dissatisfied. Finding no pleasure in their own homes, but only uncomfortable restrictions, they break away from the family circle as soon as possible. They launch out into the great world with little reluctance, unrestrained by home influence and the tender counsel of the hearthstone.

Don’t say to them as I have heard many mothers say, ‘There is no room for you here in the parlor. Don’t sit on that sofa that

is covered with satin damask. We don't want you to sit down on that sofa.' And when they go into another room, 'We don't want your noise here.' And they go into the kitchen, and the cook says, 'I cannot be bothered with you here. Go out from here with your noise; you pester me so, and bother me.' Where do they go to receive their education? Into the street." {AH 154-5}

**Landscaping:** "Shade trees and shrubbery too close and dense around a house are unhealthful; for they prevent a free circulation of air and shut out the rays of the sun. In consequence of this, dampness gathers in the house. Especially in wet seasons the sleeping rooms become damp, and those who occupy them are troubled with rheumatism, neuralgia, and lung complaints which generally end in consumption. Numerous shade trees cast off many leaves, which, if not immediately removed, decay and poison the atmosphere. A yard beautified with trees and shrubbery, at a proper distance from the house, has a happy, cheerful influence upon the family, and, if well taken care of, will prove no injury to health. Dwellings, if possible, should be built upon high and dry ground. If a house is built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result." {CH 58.2}

**Make it attractive:** "God loves the beautiful. He has clothed the

*A yard beautified with trees and shrubbery, at a proper distance from the house, has a happy, cheerful influence upon the family, and, if well taken care of, will prove no injury to health.*

earth and the heavens with beauty, and with a Father's joy He watches the delight of His children in the things that He has made. He desires us to surround our homes with the beauty of natural things. Nearly all dwellers in the country, however poor, could have about their homes a bit of grassy lawn, a few shade trees, flowering shrubbery, or fragrant blossoms. And far more than any artificial adorning will they minister to the happiness of the household. They will bring into the home life a softening, refining influence, strengthening the love of nature, and drawing the members of the household nearer to one another and nearer to God." {MH 370}

***In the country, a simple life:*** "Read the history of Abraham, Jacob, and Joseph, of Moses, David, and Elisha. Study the lives of men of later times who have most worthily filled positions of trust and responsibility, the men whose influence has been most effective for the world's uplifting. How many of these were reared in country homes. They knew little of luxury. They did not spend their youth in amusement.

Many were forced to struggle with poverty and hardship. They early learned to work, and their active life in the open air gave vigor and elasticity to all their faculties. Forced to depend upon their own resources, they learned to combat difficulties and to surmount obstacles, and they gained courage and perseverance. They learned the lessons of self-reliance and self-control. Sheltered in a great degree from evil associations, they were satisfied with natural pleasures and wholesome companionships. They were simple in their tastes and temperate in their habits. They were governed by principle, and they grew up pure and strong and true." {MH 366}

***Near a city, but not in a city:*** "We must have workers for these institutions, and if they are located in the city, that means that families of our people must settle near them. But it is not God's will that His people shall settle in the cities, where there is constant turmoil and confusion. Their children should be spared this; for the whole system is demoralized by the hurry and rush and noise. The Lord desires His people to move into the country, where they

can settle on the land and raise their own fruit and vegetables, and where their children can be brought in direct contact with the works of God in nature. Take your families away from the cities, is my message.” {MM 310-11}

“To parents who are living in the cities, the Lord is sending the warning cry, Gather your children into your own houses; gather them away from those who are disregarding the commandments of God, who are teaching and practicing evil. Get out of the cities as fast as possible. Parents can secure small homes in the country, with land for cultivation, where they can have orchards and where they can raise vegetables and small fruits to take the place of flesh meat, which is so corrupting to the life-blood coursing through the veins.” {CD 400}

***Avoid extravagance:*** “Many are creating unnecessary cares and anxieties for themselves by devoting time and thought to the unnecessary ornaments with which their houses are filled. The power of God is needed to arouse them from this devotion; for to all intents and purposes it is idolatry...The time you waste in moving and dusting the multitudinous ornaments in your house, spend in writing a few lines to your friends, in sending papers or leaflets or little books to someone who knows not the truth. Grasp the word of the Lord as the treasure of infinite wisdom and love; this is the guidebook that points out the path to heaven.” {PM 381.2}

“If those who have means should realize that they are accountable to God for every dollar that they expend, their supposed wants would be much less. If conscience were alive, she would testify of needless appropriations to the gratification of appetite, of pride, vanity, and love of amusements, and would report the squandering of the Lord’s money, which should have been devoted to His cause. Those who waste their Lord’s goods will by and by have to give an account of their course to the Master. If professed Christians would use less of their wealth in adorning the body and in beautifying their own houses, and would consume less in extravagant, health-destroying luxuries upon their tables, they could place much larger

sums in the treasury of God.” {3T 401.1}

## **Cleanliness in the home**

“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.” {CG 108.1}

“I saw that the houses of the saints should be kept tidy and neat, free from dirt and filth and all uncleanness. I saw that the house of God had been desecrated by the carelessness of parents with their children and by the untidiness and uncleanness there. I saw that these things should meet with an open rebuke, and if there was not an immediate change in some that profess the truth in these things they should be put out of the camp.” {3SM 274.1}

***Purity in the 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. 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?” {1MCP 177.3}

“One of the most prolific sources of disease is the transgression of the laws of life in regard to personal habits. Order and cleanliness are laws of heaven. The directions given to Moses when the Lord was about to declare his law upon Mount Sinai, were very strict in this respect. ‘And the Lord said unto Moses, Go unto the people, and sanctify them today and tomorrow, and let them wash their clothes.’ [EX. 19:10.]

They were directed to do this lest there should be impurity about them as they should come before him. He is a God of order, and he requires order and cleanliness in his people. The children of Israel were in no case to allow any impurities to remain upon their clothing or upon themselves. Those who had any personal uncleanness were to be shut out of the camp until the evening, and then were required to cleanse themselves and their clothing before they could return. They were also commanded to carry all their

refuse to a great distance from the camp. And this was a sanitary measure, as well as a religious regulation.

*The Lord requires  
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The Lord requires no less of his people now than he did anciently. A neglect of cleanliness will induce disease. Sickness does not come without a cause.

Violent epidemics of fevers have occurred in villages and cities that were considered perfectly healthful, and these have resulted in death or broken constitutions. In many instances the premises of the very ones who fell victims to these epidemics, contained the agents of destruction which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. It is astonishing to witness the prevailing ignorance relative to the effects which slackness and recklessness produce upon health. When Lord Palmerston, premier of England, was petitioned by the Scottish clergy to appoint a day of fasting and prayer to avert the cholera, he replied, ‘Cleanse and disinfect your streets and houses,

promote cleanliness and health among the poor, and see that they are plentifully supplied with good food and raiment, and employ right sanitary measures generally, and you will have no occasion to fast and pray. Nor will the Lord hear your prayers while these, his preventives, remain unheeded.’

It is not God who has brought upon us the many woes which mortals now inherit. Our own folly has led us to deprive ourselves of things that are precious, of the blessings which, if properly used, are of inestimable value in the maintenance of health. If you would have your home sweet and inviting, make it bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets.” {CTBH 105-6}

“Fresh air is the free blessing of Heaven, calculated to electrify the whole system.” {HL 46.6}

“Morning exercise, walking in the free, invigorating air 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, congestion of the brain, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. . . .

There will be increased vitality, which is so necessary to health. The lungs will have needful action; for it is impossible to go out in the bracing air of a winter’s morning without inflating the lungs. The strength of the system is, in a great degree, dependent upon the amount of pure air breathed. In the cool of the evening it may be necessary to guard from chilliness by extra clothing, but they should give their lungs air.” {HL 176-7}

**Too tidy:** “In some families there is too much done. Neatness and order are essential to comfort, but these virtues should not be carried to such an extreme as to make life a period of unceasing

drudgery and to render the inmates of the home miserable. In the houses of some whom we highly esteem, there is a stiff precision about the arrangement of the furniture and belongings that is quite as disagreeable as a lack of order would be.

The painful propriety which invests the whole house makes it impossible to find there that rest which one expects in the true home. It is not pleasant, when making a brief visit to dear friends, to see the broom and the duster in constant requisition, and the time which you had anticipated enjoying with your friends in social converse spent by them in a general tidying up and peering into corners in search of a concealed speck of dust or a cobweb. Although this may be done out of respect to your presence in the house, yet you feel a painful conviction that your company is of less consequence to your friends than their ideas of excessive neatness.” {AH 152}

“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.” {FE 157.2}

“Let everything be done with thoroughness, neatness, and dispatch. If it falls to your lot to do the chamber work, then see that the rooms are well aired, and that the bed clothing is exposed to the sunlight. Give yourself a number of minutes to do the work, and do not stop to read papers and books that take your eye, but say to yourself, “No, I have just so many minutes in which to do my work, and I must accomplish my task in the given time.” . . . {CG 124.6}

***Clean Surroundings Are an Aid to Purity:*** “I have often seen children’s beds in such a condition that the foul, poisonous odor constantly rising from them was to me unendurable. Keep everything the eyes of the children rest upon and that comes in contact with the body, night or day, clean and wholesome. This will be one means of educating them to choose the cleanly and the pure.

Let the sleeping room of your children be neat, however destitute it may be of expensive furniture. {CG 109.2}

### **Expose the rooms to sunlight and fresh air**

“If you would have your homes sweet and inviting, make them bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets. The precious sunlight may fade your carpets, but it will give a healthful color to the cheeks of your children. If you have God’s presence and possess earnest, loving hearts, a humble home, made bright with air and sunlight, and cheerful with the welcome of unselfish hospitality, will be to your family and to the weary traveler a heaven below.” Testimonies for the Church, vol. 2, p. 527 (1870).

“In the case of all these beds, where the air has not circulated through the rooms daily, the bedding should be removed and thoroughly dried by the fire, before being slept in. Sleeping rooms should have the windows raised everyday, and the air should circulate freely through the rooms. The curtains should be withdrawn from the windows. The blinds should be fastened back. And the blessed sunlight should thus be invited in, to brighten and purify every bedroom in the house.” {HR, January 1, 1872 par. 8}

### **Fresh Air**

“Many have been taught that night air is positively injurious to health, and therefore must be excluded from their rooms. One autumn evening I was traveling in a crowded car. The exhalations from so many lungs and bodies

*Sleeping rooms should have the windows raised everyday, and the air should circulate freely through the rooms.*

rendered the atmosphere very impure, and caused a sickening sensation to come over me. I raised my window, and was enjoying the fresh air, when a lady in earnest, imploring tones, cried out, 'Do put down that window! You will take cold and be sick; the night air is so unhealthful!'

I replied, 'Madam, we have no other air than night air, in this car or out of it. If you refuse to breathe the night air, you must stop breathing.' In the cool of the evening it may be necessary to guard against chilliness by extra clothing; but there should be a free circulation of pure air through the room during sleeping hours.

The free air of heaven, by day or night, is one of the richest blessings we can enjoy. Fresh air will purify the blood, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep.

Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature.

Of course he should be careful not to sit in a draft or in a cold room when weary, or when in a perspiration. Many labor under the mistaken idea that if they have taken cold they must carefully exclude the outside air, and increase the temperature of the room until it is excessively hot. But the system of one suffering with cold is deranged, the pores are closed by waste matter, and there is more or less inflammation of the internal organs, because the blood has been chilled back from the surface, and thrown upon them.

At this time, of all others, the lungs should not be deprived of

pure air. Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. The power of the will is a great help in resisting cold, and giving energy to the nervous system. To deprive the lungs of air, is like depriving the stomach of food. Air is the food that God has provided for the lungs. Welcome it; cultivate a love for it, as a precious boon of heaven.” {CTBH 104}

## **Sunlight, fresh air, and health**

***Too much indoors makes invalids:*** “Young ladies frequently give themselves up to study, and to the neglect of other branches of education even more essential for practical life than the study of books. After they have obtained their education, they are frequently invalids for life. They neglected their health by remaining too much in-doors, deprived of the pure air of heaven, and the God-given sunlight.” {CE 15.3}

***Children should play in the sunlight:*** “The little children should come especially close to nature. Instead of putting fashion’s shackles upon them, let them be free like the lambs, to play in the sweet, fresh sunlight. Point them to shrubs and flowers, the lowly grass and the lofty trees, and let them become familiar with their beautiful, varied, and delicate forms.

Teach them to see the wisdom and love of God in His created works; and as their hearts swell with joy and grateful love, let them join the birds in their songs of praise. Educate the children and youth to consider the works of the great Master Artist, and to imitate the attractive graces of nature in their character building. As the love of God wins their hearts, let them bring into their lives the beauty of holiness. So shall they use their capabilities to bless others and to honor God.” {CG 48}

***Sunlight is a healing agent:*** “This is one of nature’s most healing agents. If you would have your homes sweet and inviting, make them bright with air and sunshine, remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight,

even if it be at the expense of the colors of your carpets. If the windows were freed from blinds and heavy curtains, and the air and sun permitted to enter freely the darkened rooms, there would be seen a change for the better in the mental and physical health of the children. The pure air would have an invigorating influence upon them, and the sun that carries healing in its beams would soothe and cheer, and make them happy, joyous, and healthy. The feeble one should press out into the sunshine as earnestly and naturally as do the shaded plants and vines. The pale and sickly grain blade that has struggled up out of the cold of early spring, puts out the natural and healthy deep green after enjoying for a few days the health-and-life-giving rays of the sun. Go out into the light and warmth of the glorious sun, you pale and sickly ones, and share with vegetation its life-giving, health-dealing power.” {HL 229-30}

***Fresh air and sunshine prevent disease:*** “The confined air of unventilated rooms meets us with sickening odors of mildew and mold, and the impurities exhaled from its inmates. . . . The emanations from damp, moldy rooms and clothing are poisonous to the system. . . . If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented. . . . This is the only way rooms can be kept from impurities. . . . Every room in our dwellings should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease.” {HL 229.4}

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medicine, and is  
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their food.*

***Fresh Air is vital for the sick:*** “In no case should sick persons be deprived of a full supply of fresh air in pleasant weather. Their rooms may not always be so constructed as to allow the windows

or doors to be opened, without the draft coming directly upon them, thus exposing them to the taking of cold. In such cases windows and doors should be opened in an adjoining room, thus letting fresh air enter the room occupied by the sick. Fresh air will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food. They will do better, and will recover sooner, when deprived of food, than when deprived of fresh air.” {CH 55.1}

## **Summary**

“The value of the daily bath in promoting health and in stimulating mental action should be emphasized. Attention should be given also to sunlight and ventilation, the hygiene of the sleeping room and the kitchen. Teach the pupils that a healthful sleeping room, a thoroughly clean kitchen, and a tastefully arranged, wholesomely supplied table will go farther toward securing the happiness of the family and the regard of every sensible visitor than any amount of expensive furnishing in the drawing room. That ‘the life is more than meat, and the body is more than raiment’ (Luke 12:23) is a lesson no less needed now than when given by the divine Teacher eighteen hundred years ago.” CG 365.2}

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