

STUDY GUIDE

Counsels on Health

Prepared in the offices of the Ellen G. White Estate

General Conference of Seventh-day Adventists

Please read this statement before using this Study Guide.

It will help to provide a setting for some of the counsel found in Counsels on Health.

Near the middle of her seventy years of prophetic ministry to the Seventh-day Adventist Church, Ellen White made a significant statement of her understanding of the work she had been given by the Lord. Recognizing changing times and circumstances, she spoke of both the Bible and her writings as laying down principles by which to live:

“The word of God abounds in general principles for the formation of correct habits of living, and the testimonies, general and personal, have been calculated to call . . . attention more especially to these principles.”--Testimonies for the Church, Volume 4, page 323.

In some areas of counsel in this book current application of some of the details cannot always be made. At the same time, the principles continue to be timeless and valid. Three areas especially need some explanation.

First, the “sanitariums” Ellen White refers to were long-term-care institutions, somewhat like present-day health spas. We should not attempt, therefore, to apply all the counsel in this book about sanitariums to acute-care hospitals, which are more common among Seventh-day Adventists today. In our hospitals, for example, the length of stay for patients is generally only a few days, often determined by insurance limitations, consequently there are no opportunities to grow gardens, engage in long-term classes on health, or give patients time to spend out-of-doors during their brief stay. This does not mean, however, that such sanitariums should not be established, nor that our present-day hospitals cannot provide information on keeping well, which most of them attempt to do. See Sections V and VI, especially.

Second, counsel for physicians, nurses, and helpers, will have to be considered in light of the fact that few of our hospitals are staffed exclusively by Adventist personnel. Non-Adventist staff would obviously be unable to do what is suggested in many cases. See Section VIII, especially.

Third, the term “medical missionary work,” frequently mentioned, included going to homes to give “treatments.” Most of these treatments can no longer be given by a visiting “medical missionary” nurse or other worker because present-day laws will not allow such care. As in the two areas already mentioned, we must work within the framework of prevailing social and legal limitations. See Section XI especially.

Section I

THE WORLD'S NEED

Pages 13-36

1. What classes of people did Jesus work for? (13:1)
2. What is a special danger and temptation for the rich? (15:1)
3. Name some classes of people who are in peril because they do not see the necessity of strict temperance. (15:3)
4. "The infirmities of the body affect the _____." (18:2)
5. How do human beings demonstrate, even today, that God created them perfect? (19:1)
6. Transgression of _____ laws is transgression of _____ laws. (20:0)
7. Health reform is as closely connected with the third angel's message, as is the _____ with the _____. (20:3)
8. What makes it impossible for some men and women to appreciate sacred truth? (21:2)
9. How can people become unfit for spiritual worship? (22:2)
10. What are some results of unrestrained indulgence of appetite? (24:1)
11. How can eating, drinking and dressing become crimes? (24:2)
12. Why should less experienced workers enter barren, unworked fields? (26:2)
13. What hard circumstances cheer Christ? Why? (26:3, 27:1)
14. What is the very best medicine for disease? Why? (28:1)
15. What condition of mind will cause a freer circulation of blood? (28:2)
16. How did Christ respond to those who had brought disease upon themselves? Why? (30:1)
17. How might we gain an experience for a wider sphere of influence? (33:1)

18. Why did Jesus devote more time to healing than to preaching? (34:1)

19. Why is inactivity registered in the books of heaven as opposition to Christ's work? (35:2)

20. "It is impossible for an _____ man to be a Christian." (36:1)

Section II
ESSENTIALS TO HEALTH
Pages 37-74

1. What suggestions are given to best preserve health? (37:1)
2. What responsibility should children assume in regard to their parents' sins? (37:2)
3. Transgression against the laws of our being is as great a sin as breaking the Ten Commandments. Why? (40:1)
4. When are our sins to be cleansed and defects of character removed? Why? (44:0)
5. How does intemperance affect others around us? (45:2)
6. How does the Christian race differ from an earthly race? (47:1)
7. For what purposes has God given us reasoning powers? (48:2)
8. Discuss how Daniel showed the value of the principles of the laws of health. (50:1)
9. "An _____ life is a _____." (51:0)
10. Why do some people find physical labor exhausting? (52:1)
11. What are some of the advantages of walking as exercise? (52:2)
12. _____ is more beneficial to sick persons than _____. (55:1)
13. Why should shade trees and shrubs not be planted too densely near the house? (58:2)
14. What are some of the benefits of deep breathing? (59:2)
15. List some benefits of fresh air. (60:1)
16. In what ways may the wearing of unclean clothes affect health? (61:2)
17. What lessons may modern youth learn from Daniel? (64-66)
18. It is impossible to enjoy the blessings of sanctification when we are _____ and _____. (66:2)
19. "The liability to take disease is increased _____ by meat eating." (70:2)

20. What modern-day lessons may we learn from John the Baptist? (72, 73)
21. In what ways do you think “natural” appetite is different from “unnatural” appetite? (74:1)
22. List two or three subjects parents should consider before having children. (75:1)
23. What special instruction is given regarding care for a pregnant wife? (76:3-77:0)
24. What kind of food should an expectant mother eat? Why? (77:1)
25. What kind of disposition should expectant mothers seek to maintain? Why? (79:1)
26. How does nourishment from the mother affect the baby? (80)
27. What are some of the effects of using tobacco? (81:1)
28. Men who use tobacco offer their bodies on whose altar? (83:2)
29. “Tobacco is a _____ of the most _____ and _____ kind. (84:3)
30. Tea and coffee create an appetite for _____ and _____ (85:3)
31. What are some of the harmful effects of the use of tea? (87:1)
32. List some side effects of the use of poisonous drugs. (89:2, 3)
33. To what habits do some poisonous drugs lead? (90:0)
34. How is disease defined? (90:1)
35. List eight natural remedies for disease. (90:2)
36. “In all respects the dress should be _____.” (91:1)
37. What were some of the bad effects of long skirts that touched the ground? (91:4)
38. Give some general principles of healthful clothing. (93:2)
39. How can invalids often resist disease? (94:1)
40. What are some dangers of the wrong use of imagination? (95:2, 3)
41. “_____ is one of the greatest causes of debility of body and feebleness of mind.” (96:0)
42. List some of the results of overtaxing the body? (98:1, 2)
43. What are “borrowed capital” and “vital force”. (99:1)

44. How should parents use their evenings? (100:1, 2)
45. How important is cleanliness? (101)
46. How can mothers help to keep their children's thoughts pure? (103:1)
47. Enumerate several rewards of frequent bathing. (104)
48. How do physical habits affect mental and moral powers? (105:1)

SECTION III
DIET AND HEALTH
Pages 107-161

1. "Our first duty toward God and our fellow beings is that of _____." (107:2)
2. "One of the strongest _____ that man has to meet is upon the point of _____." (108:2)
3. In what ways are "true experience" and "false experience" different? (109:1)
4. "The gratification of _____ led to the sins that caused the destruction of Sodom and Gomorrah." (110:1)
5. Why were the blessings of the birthright taken away from Esau? (110:2)
6. "Reason, instead of being the _____, has come to be the _____ of _____." (111:3)
7. What are the character weaknesses of the majority of youth today? (112:2)
8. What kind of habits should youth form? Why? (113:0)
9. What relation should appetite have to the will in small children? (113:1)
10. "It is _____ for those who give the reins to _____ to attain to _____." (114:1)
11. What foods, prepared simply, are the ingredients of the most healthful diet? (115:0)
12. What article of diet is NOT essential to the maintenance of health and strength? (115:1)
13. Give some reasons why pork is unacceptable for food? (116:1)
14. Why is it a religious duty for cooks to prepare food that is palatable and healthful? (116:0) 3-117:
15. "There is more _____ in a good _____ of _____ than many think." (117:1)
16. "Health reformers, above all others, should be careful to avoid _____." (118:1)
17. Why should we not eat just before going to bed? (118:3-119:0)
18. Is it possible to eat too much, even of wholesome food? Explain your answer. (119:1)

19. War should liquid be used moderately when we eat? (120:1)
20. Give some reasons for eating slowly. (120: 2)
21. Why should we preserve our bodies in the best of health? (121:2)
22. With what character flaw did Jesus commence the work of redeeming the human race? (122:3-123:0)
23. What evils result from eating stimulating food? (124, 125)
24. Why do some professed believers reject portions of the Testimonies? (128:1)
25. "Those who experience the work of _____ in their lives will reveal the _____ of the _____ in their lives." (129:1)
26. What is the greatest hindrance to mental improvement and soul sanctification? (130:1)
27. What may happen to those who indulge their desire for flesh foods when they could have a vegetarian diet? (130:2)
28. What effect did health reform have on Ellen White herself? (132: 3-134:0)
29. Discuss. (133:2,3)
30. "Erroneous _____ and _____ result in erroneous _____ and _____." (134:0)
31. "It is better to know how to _____ than how to _____ disease." (135:2)
32. What is one danger of taking an extreme view of health reform? (136:0)
33. What counsel is given regarding discarding foods like milk, cream and eggs? (136:3)
34. In presenting the gospel to the poor, what counsel did Ellen White give regarding diet? (137:1)
35. It is a _____ for cooks to learn how to prepare healthful food. (145:0)
36. What suggestion is made to those who seek to change to a more healthful diet? (148:1)
37. "Large quantities _____ of and _____ eaten together are injurious." (149:1)
38. "When largely used, _____ is more injurious than." (150:2)
39. What extremes in health reform are cautioned against? Why? (151, 152)

40. How should we who advocate unpopular truth live as we endeavor to influence those with ideas that differ widely from ours? (153:1)
41. Air is it impossible to make one rule for all in regard to diet? (154: 2-155:1)
42. What is the ideal number of meals for most people to eat daily? (156:1)
43. In addition to giving up harmful foods, what other consideration is important for those who want good health? (157:1)
44. "Overeating has a worse effect upon the system than _____." (160:1)
45. When a person overeats what happens to the food not needed? (160:2)

SECTION IV
OUTDOOR LIFE AND PHYSICAL ACTIVITY
Pages 162-202

1. What example did Jesus give us regarding daily activity? (162:1)
2. How did Jesus begin His day? (162:1)
3. What is “effectual preparation for all labor for God”? (163:2)
4. What are some of the benefits of nature study? (164:3)
5. Christ's parables are the Sabbath have what similar purpose? (165:1)
6. How can our daily labor remind us of our Creator? (165:2)
7. “_____ is God's physician.” (170:1) Discuss.
8. “There are life-giving _____ in the balsam of the _____, in the _____ of the _____ and the _____.” (170:2)
9. What is the chief reason many become invalids? (173:1)
10. “More people die for want of _____ than through _____; very many more _____ out than _____ out.” (173:2)
11. What surroundings are the most favorable for recovery from sickness and preservation of health? (174:2)
12. The ideal is for parents to be their children's only teaches until what age? (177:1) Discuss.
13. “In order to _____ the _____ of the mind _____, and _____ should be _____ in the schools.” (179:1)
14. What practical training is suggested for young people in our schools? Does this counsel still apply today? (180; 1, 2)
15. What are the dangers of limiting ourselves either to manual labor or intellectual activity exclusively? (181:1-182: 0)
16. What skill is placed higher than copyist, dressmaker, or music teacher? Why? (183:0)
17. What are some of the dangers in physical inactivity? (184, 185)
18. The richest possession that mortals can have is _____. (186:1)
19. How can riches become a curse for children of wealthy parents? (186:2)
20. How can poverty be a blessing? (187:1)

21. What caution is given regarding gymnastic exercises? (189:1)
 22. What cautions are given regarding the playing of games? (189:2, 3)
 23. Discuss the word “excess” as used for games. (189)
 24. Times of recreation are best when they are “seasons of true up-building for _____ and _____ and _____.” (190:3)
 25. Why is recreation of greatest value to students when done with teachers? (191:1)
 26. What “double benefit” will result from recreation that is helpful to others? (191:2)
 27. How may true recreation be a safeguard against evil? (192:3)
 28. Why do some ministers have poor health? (193:1)
 29. Discuss the following statement: “It is not essential to our salvation, nor for the glory of God to keep the mind laboring constantly and excessively, even upon religious themes.” (195:1)
 30. Discuss the following principles dealing with some amusements (195:1)
 31. “Open the door for great evil,” “not beneficial in their tendency,” “have an exciting influence,” “producing in some minds a passion . . . leading to gambling,” “dissipation.”
 32. How should we relate to holidays? Discuss. (195: 2,3)
 33. What are some of the benefits of sunshine? (196:2)
 34. List and discuss some of the reasons card playing is an inappropriate activity for the Christian. (197: 2)
 35. What are some of the dangers of the theater? (198:1)
- Note: Theater, as spoke of here, referred to stage productions. Motion pictures had not been introduced. What application does the counsel here have also for TV, videos and recorded music?
36. Even when one has overtaxed his mental and physical powers, why should some exercise be continued? (199:1-4)
 37. Why is walking one of the best exercises? (200:2)
 38. What lies at the foundation of a large share of sickness? (202:1)

SECTION V
SANITARIUMS--THEIR OBJECTS AND AIMS
Pages 203-254

SECTION VI

SUCCESSFUL INSTITUTIONAL WORK

Pages 255-320

Note: See the explanatory note at the beginning of this Study Guide. Questions for these two Sections are limited to general principles rather than the specifics of counsel for sanitariums.

1. What is the general purpose for establishing Adventist institutions? (203:3)
2. How was ancient Israel to be blessed by obedience to the laws of God? (204:2,3)
3. Christ has empowered His church to do the same work that He did. What is that work? (210:3)
4. What diet is to be provided in our health-care institutions? (212:1)
5. What two classes of workers are to unite in their labors? (231:1)
6. Our medical institutions are to stand as witnesses for God, “to relieve the ___ and the _____, to awaken a spirit of _____, to disseminate _____, and to advance _____.” (234:1)
7. How should physicians relate to Sabbath work? (236:1, 2)
8. Why does God sometimes not answer prayers for the sick? (247:1)
9. What broad counsel is given regarding changing from a flesh food diet? (254:1)
10. “Only by a _____ of the _____ as well as the _____ powers can we hope to answer the propose of our Creator.” (256:2)
11. What are “God's physicians”? (261:2)
12. What are some contrasts between Christians and worldlings? (280:2)
13. What lessons are there for our day in Christ's gathering up the fragments after He fed the 5000? (281: 2)
14. What three temptations did Jesus meet in the wilderness? Discuss these as present-day temptations. (287:1)
15. What is “the strongest bulwark of vice” in our world? Why? (298:2)

SECTION VII

THE CHRISTIAN PHYSICIAN

Pages 321-386

Note: See the explanatory statement at the beginning of this Study Guide. There are some limitations to the application of counsels to physicians, especially as they relate to work in our medical institutions.

1. What are God's eight natural remedies for sickness? (323:2)
2. Where do nine-tenths of diseases have their foundation? (324:2)
3. "The religion of Christ, so far from being the cause of _____, is one of its most _____." (324:2)
4. "Sin and disease bear to each other the relationship of _____ and _____." (325:2)
5. In nine cases out of ten, what knowledge would make the sick better in mind and body? (330:1)
6. "Those who hold the lives of human beings in their hands should be _____, _____, _____." (336:4)
7. "We are not to be an _____ church, but we are to let the _____ shine forth, that the _____ may receive it." (338:1)
8. The physician who has the mind of Christ will be "_____, _____, and _____, but not _____." (340:2)
9. Discuss how wrong imagination can bring disease. (344:1,2)
10. What right attitudes can bring health? (344:3)
11. What form of "mind cure" is an effective agency for evil? (344,345)
12. Why did Satan originate mind control? (345:4)
13. Describe the true science of healing for body and soul. (346:2)
14. What is the meaning of the following statement? "To deal with men and women whose minds as well as bodies are diseased is a nice work." (349:3)
15. What is the greatest conquest that men and women can achieve? (350:2)
16. What subjects should NOT be mentioned at the bedside of the dying? (352:3)
17. What is the foundation of all enduring reformation? (359:3)
18. "As far as possible lady physicians should care for lady patients, and gentlemen physicians [should] have the care of gentlemen patients." What are some reasons given? (363-366)

19. "You must pray as though the _____ and _____ were all due to _____, and _____ as though _____ were all your _____." (367:1)
20. Why do some with great intellect fail in positions of responsibility, and others with less intellect, succeed? (367:2)
21. What caution is given to physicians who make no difference between the Sabbath and other days of the week? (368:2)
22. What are we to do when the sick come for prayer, and, in large part, their sickness has resulted from careless living? (373, 374)
23. Why is it NOT always safe to ask for unconditional healing? What should we do instead? (375:1)
24. If a person is not healed from sickness, should we assume that he or she is not worthy? Explain. (375:3)
25. Why should those who are sick set their house in order regarding property and care of their families? (376:2)
26. "It is no _____ of _____ to place ourselves in the _____ most favorable to _____." (376:3)
27. Early in her experience Ellen White prayed for the sick asking without condition for healing. Later she stopped this practice. Why? (378, 379)
28. What are we to do if we fail to receive an immediate response to our prayers? (380)
29. Along with our prayers for healing, what else should we do? (381:2)
30. What mental attitudes would help the sick to recover health? (382:2)

SECTION VIII

NURSES AND HELPERS

Pages 387-424

Note: See the explanatory statement at the beginning of this Study Guide. It will be seen that in present-day circumstances, nurses and helpers cannot do some of the house-to-house "treatments" that are suggested.

1. There are large numbers who will not listen to the teaching of God's Word. How may they sometimes be reached? (388:2, 3)
2. Instead of looking at obedience of health laws as _____ or _____, Christians should consider it as an _____. (390:2)
3. What influence will consciousness of duty well done have on the doer? (391:1)
4. Workers in _____ lines, _____ lines, and _____ lines should stand together as a unit. (394:3)
5. Explain the statement: "It is not the best way to preserve our religion as we bottle perfumes." (400:1)
6. There is nothing so valuable in God's sight as a _____, _____, and thankful disposition. (403:1)
7. What is the value of cultivating faithfulness in little things? (404:1)
8. How long should a person continue his education? (405:1)
9. To a great degree, the efficiency of a nurse depends on _____. (407:1)
10. "Men of principle need not the restriction of _____ and _____." (410:2)
11. How is influence illustrated? (413:2)
12. How is our association with others likely to affect us? What is the tendency of the natural heart? (414:3)
13. When our work on earth is ended, every one of the _____ performed with _____ will be treasured as a precious _____ before God." (419:1)
14. What lessons in economy should every worker in an institution learn? (420:1)

15. Discuss the ever-widening effect of influence. (421:1)
16. What special danger in regard to Sabbath-keeping do medical workers face? (422:2)
17. Should we confine our praying only to situations where we can be on our knees? Discuss. (423:1)

SECTION IX
TEACHING HEALTH PRINCIPLES
Pages 425-470

1. Instead of using home duties to excuse themselves from working for others, what should parents do? (426:1)
2. What subject should parents study with their children? Why? (428, 429)
3. What are some of the adverse effects of stimulants and narcotics? (432:1)
4. In what places can health work serve as the right arm of the message, and protect the body? (434:2)
5. Where and how can one let his light shine to others? (435: 3)
6. How should we work with temperance movements other than our own? What will be some results? (436, 437)
7. "In _____, we would better come _____ of the mark than to go _____ beyond it." (438:1)
8. What reaction may result from presenting our strongest health reform position first when introducing it to others? (438: 3)
9. What is the place of the will in health and other reform? (439,440)
10. Violation of the laws of health lays the foundation for the _____ habit. (440:3)
11. What are some of the harmful effects of coffee drinking? (441:4)
12. How should our health message NOT be presented? How should it be presented instead? (442:3)
13. What two things will the work of health reform accomplish? (443:4)
14. In working for the salvation of men and women, what must be presented? Why? (445:2)
15. How might we be kept from being light bearers to the world? (445:3)
16. What relation does practicing temperance principles have to being sanctified by the truth? (449:1)
17. What was God's original design for the diet of human beings? (450:1)
18. Instead of catching isolated ideas, making them a test, how should we relate to Christian temperance? (451:1)
19. What double harmful effect may result from trying to correct the health habits of others? What is the better way? (451:2)

20. What advantage do we have in presenting truth if we are intelligent with regard to health? (452:2)
21. List several reasons why some remain indifferent to health reform. (453:1)
22. What are some dangers in going to spiritualist physicians? (454)
23. When the king of Israel asked for help from a pagan oracle, what did it demonstrate? What is the lesson for us today? (455:3)
24. When sickness results from transgression of natural law, what should we do? What do many do instead, and with what results? (456:1)
25. "An _____ temper, a _____ brain, and _____ nerves are among the results of . . . disregard of _____ laws." (458:1)
26. Angels preserve God's people under what circumstances? When is there no such assurance? (459:1)
27. Why does Satan delight in war? (460:1)
28. Does Satan completely control the elements of nature? Explain. What about his control of people? (460:2)
29. Over what elements and events in nature is Satan exercising his power? (461:1)
30. What several things should canvassers tell about our health publications to those they visit? (462: 3-464: 0)
31. After several speakers had spoken at a camp meeting attended by Ellen White, the following night a young man appeared to her in a dream. What was his message? (465:1)
32. In early large gatherings of Adventists, why did the health message presented fail to make the deepest impression? (467:1)
33. Give several reasons why we were to establish sanitariums. How might we still fulfill these instructions, even though these institutions are generally not operated today? (469: 3)

SECTION X
HEALTH FOOD WORK
Pages 471-496

1. What counsel is given regarding the use of the “health treasures” of different countries? (471:4)
2. “It is our wisdom to prepare _____, _____, _____ foods.” What class of people will thus benefit most? (472:3)
3. What natural food, if used in abundance, will be a blessing in many countries? (473:4)
4. “The _____ will be convinced, not by what the _____ teaches, but by what the _____ lives.” (474:4)
5. We should all use our “_____ and _____ in deciding what foods are best for us.” (477:0)
6. The foods we eat should be suited to our _____ and _____. (477:1)
7. What cautions are given regarding the use of nuts? (477:3)
8. What benefits result from eating olives? (477:4)
9. It would be well for us to do less _____ and to eat more _____ in its natural state.' (477:5)
10. How should poor families be dealt with regarding health reform? (478:0)
11. Discuss diet reform as 'progressive.' (478:1)
12. What educational and spiritual activities should be associated with our vegetarian restaurants in the cities? (481:2)
13. Those who come to our restaurants should be supplied with _____ matter. (482:1)
14. If we cannot conduct our restaurants to God's glory, what counsel is given? (486:1)
15. “There is _____ in good _____.” (486:2)
16. Why should our restaurants be closed on the Sabbath? (489:1, 2)
17. How did our restaurant in San Francisco successfully deal with this situation? (489:4-490:0)

18. How might the closing of our restaurants on Sabbath continue to be a witness to others? (491:2)
19. Should profits from the manufacture of health foods go to individual investors? How should they be used? (492:3)
20. “When we place ourselves in right relation to Him, He [God] will help us and the _____ we _____ will _____ us.” (495:2)

SECTION XI

MEDICAL MISSIONARY WORK

Pages 497-558

Note: See the explanatory note at the beginning of this Study Guide. It is important to realize that “medical missionary work” in the twentieth century may be somewhat different than in the nineteenth century. It is important, therefore, to look first at principles, then apply them as best we can. This will keep us from making application of the counsel where it is not warranted, and help us to apply it when needed.

1. How can Christ's ambassadors give a practical demonstration of the truth of the gospel? (499:2)
2. What lies at the foundation of a large share of “the maladies the sinner suffers”? (502:2)
3. What answer would Ellen White give to those physicians who ask if it would be pleasing to God if they would give up their medical practice and enter the ministry? Why? (503:3-504:0)
4. Through what experience did Christ illustrate the way we are to work for those who are sick? (508:2)
5. What illustration from nature is used to teach that we are not to center all of our work in one place? (510:2)
6. What is Christ's definition of a true missionary? (511:2)
7. “The gospel ministry is needed to give _____ and _____ to the _____ work; and the _____ needs the _____ missionary work to _____ the practical working of the _____.” (514:2)
8. What chapter in the Bible clearly sets forth the union that should exist between the medical missionary work and the ministry? (514:4)
9. “It is not _____ institutions, large _____, or great _____ that God requires, but the _____ action of a _____ people.” (518:3)

Note: “Caution to a Leading Physician” was directed to Dr. John Harvey Kellogg, director of Battle Creek Sanitarium for many years. Soon after this counsel was sent to him, he separated himself and the sanitarium from the Adventist Church.

10. Discuss the problems Ellen White saw in Kellogg's actions -- e.g., separation of medical and ministerial work, centering work on the degraded in the large cities, standing apart from God's people, making medical work everything. (519-523)
11. How widely should the prophecies of Daniel and Revelation be circulated? (521:0)
12. Why was there “war” in the hearts of some Adventists when health reform was introduced? (523:2)

13. "God did not design that the _____ work should eclipse the work of the _____." (524:3)
14. Why did Jesus' brothers urge Him to change His method of labor? (526:2)
15. The most painful enmity against the gospel was felt by the Son of God in His home. Discuss present-day application. (527:1)
16. Why did Jesus ask some whom He healed to tell no one? (527:2)
17. What scripture summarizes the health message? (530:1)
18. "The truth expressed in _____, _____ is the strongest argument for _____." (537:1)
19. What two-fold example did Jesus give in His earthly ministry? (544:1)
20. In presenting the truth to unbelievers, what subjects should first be given? Why? (545:2)
21. Why should instruction on healthful living be given wherever there is a church? (551:2)

SECTION XII
ENSAMPLES TO THE FLOCK
Pages 559-580

1. “A piety which is not based upon _____ is as _____ without _____.” (560:0)
2. When ministers cultivate gardens for exercise they are just as much doing the work of God as in _____ . (564:3)
3. What are some rules to observe at mealtime? (565:1)
4. What condition often brings an unhappy tone to committee meetings and a dark shadow on sermons? (565:2)
5. What special cautions are given to Adventist women regarding their actions? (569:2)
6. What deportment by women will help protect them from undue attention from men? (570:1)
7. The appetite and passions should be under the control of _____ . (574:1)
8. If we would control _____ we would have moral power to gain the victory over every other temptation of Satan. (574:2)
9. How may we do medical missionary work through our eating and drinking? (577:2)
10. How do our eating habits affect religious exercises on the Sabbath? (577:3)
11. When we abuse our stomachs by habits that have no foundation in nature, how does Satan take advantage? (577:4-578:0)
12. What are some of the characteristics of the “great reformatory movement” that Ellen White saw in vision? (580)

SECTION XIII
HOLINESS OF LIFE
Pages 581-634

1. "It is impossible for those who _____ the _____ to attain to Christian _____." (581:2)
2. What was King Solomon's great sin? (582:1)
3. When a woman relates her family troubles, or complains of her husband, to another man, what can be the result? (582:2)
4. "It is the lack of _____ in the human organism that brings _____." (587:1)
5. Each of us belongs to one of two kingdoms in this world. What are they? (591:2)
6. How are we to be 'salt' in this world? (592:1)
7. When women cultivate a love for the fashions of the world, what are they likely to neglect? (596:1)
8. Why is it a sad mistake to dress like the world, hoping to influence unbelievers? (598:1)
9. What are several reasons the reform dress was introduced among Adventist women? What was it NOT to be? (598:3)
10. What were some of the "pernicious" fashions of the mid-1800's? What were the characteristics of the reform dress? (599:2)
11. What kind of "sermon" did the dress of some Adventist women preach that caused some would-be members to turn away? (600:0)
12. "We judge of a person's _____ by the _____ of _____ worn." (601:2)
13. What will be revealed by the choice of simple and appropriate attire? (601:2)
14. What is the ornament that will never perish? (601:3)
15. The richest dress is to be worn on the _____. (601:3)
16. What double danger is there in showy extravagant dress? (602:1)
17. Discuss the following statement: "We should not be odd or singular in our dress for the sake of differing from the world." (604:1)

18. List some things that mothers can do to be reformers in the home. (606)
19. The use of tea and coffee encourages an appetite for _____. (607:2)
20. What can a woman do to avoid illicit sexual involvement with men? (611-614)
21. “_____ is the special sin of this age.” (615:2)
22. For children, “Overwork is bad; but the result of _____ is more to be dreaded (618:0)
23. What kind of church members does Satan rejoice about? (623:1)
24. How should the work of hypocritical reformers be counteracted? (625:1)
25. Discuss why there is more hope for the open sinner than the hypocrite. (625:2)
26. Discuss the relative values of amusements, innocent recreation, and useful labor. (627:3)
27. “The consciousness of rightdoing is the _____ _____ for diseased _____ and _____.” (628:2)
28. Those who do not discipline their minds to dwell on cheerful subjects are likely to go to either of what two extremes? (628:3)
29. “Despondent _____ are frequently the result of too much _____.” (629:1)
30. What are some of the effects of true religion? (629:3)
31. Discuss two extremes regarding religious life and practice. (631:2)
32. When must preparation for heaven be done? (633:1)