

YOU WOULDN'T DO THIS...

Drive without tires ???

But millions are doing worse every day - YOU may be one of them!



AMAZING FACTS THAT AFFECT YOU!
Information Folder I • One of a Series of Twelve

NO, OF COURSE YOU WOULDN'T DRIVE SUCH A LOVELY, EXPENSIVE AUTOMOBILE DOWN THE STREET WITHOUT TIRES. THAT WOULD BE RIDICULOUS—MORONIC—CRAZY. But what about that priceless machine called the human body? It will take only so much punishment, you know. Scientists have been sounding ominous warnings of late about cholesterol levels, the use of tobacco, nervous tension, obesity, etc. . . . Why press your luck? The hospitals and mental institutions are already packed with people who ignored the rules of the human body. Why insist upon joining them? **SOMEBODY CARES** how you treat your body machine (somebody bigger than you and me) and this time **YOU'D BETTER LISTEN.** There may be more involved here than you have dared to imagine. For **AMAZING FACTS** that will astound you, look this **INFORMATION FOLDER** over carefully. Be fair, now. Read it all before jumping to conclusions.

1. Are health principles really a part of true Bible religion?

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.



ANSWER: Yes, in fact, the Bible rates health right at the top of the list in importance. Man's mind, spiritual nature, and body are all interrelated and interdependent. What affects one, affects the other. If man's body is misused, his mind and spiritual nature cannot become what God ordained that they should.

2. Why did God give health rules to His people?

"And the Lord commanded us to do all these statutes . . . for our good always, that he might preserve us alive." Deut. 6:24. "And ye shall serve the Lord your God . . . and I will take sickness away from the midst of thee." Exodus 23:25.



ANSWER: God gave health rules because he knows what is best for the human body which He, Himself, made. Automobile manufacturers place an "operations manual" in the glove compartment of each new car, because they know what is best for their product. God, who made our bodies, also has an "operations manual." It is called **THE HOLY BIBLE.** Ignoring God's "operations manual," results in disease, twisted thinking, and burned-out lives just as abusing a car (against the manufacturer's counsel) results in serious car trouble. Following God's rules results in "saving health" (Psalm 67:2) and more "abundant" life. (John 10:10) These great health laws are a wall or fence to keep out the diseases of Satan. God tells us what these rules are so we can avoid the devil's traps.

3. Do God's health rules have anything to do with eating and drinking?

"Eat ye that which is good." Isa. 55:2. "Whether therefore ye eat, or drink, or



whatsoever ye do, do all to the glory of God." 1 Cor. 10:31.

ANSWER: Yes, a Christian will even eat and drink differently—all to the glory of God—using only "that which is good." If God says a thing is not fit to eat, He must have a good reason. He is not a harsh dictator, but a loving Father. All His counsel is for our good always. The Bible promises **"NO GOOD THING WILL HE WITHHOLD FROM THEM THAT WALK UPRIGHTLY."** Ps. 84:11. So if God withholds a thing from us, it is because it is not good.

NOTE: No person can eat his way into Heaven. Eating even the food of angels will not entitle men to paradise. Only acceptance of Jesus Christ as Lord and Saviour can do that. Eating unwisely, however, may cause a person to be lost, because it will ruin his judgment and cause him to sin.



4. What did God give man to eat when He created him and provided a perfect diet?

"And God said, Behold, I have given you every herb bearing seed . . . and every tree . . . yielding seed." "Of every tree of the garden thou mayest freely eat." "And thou shalt eat the herb of the field." Gen. 1:29; 2:16; 3:18.

ANSWER: The diet God gave to man in the beginning was fruit, grains and nuts. Vegetables were also added a bit later.



A few of the creatures that God calls unclean.

5. What items are specifically mentioned by God as being unclean and forbidden?

ANSWER: In Leviticus 11 and Deuteronomy 14 God very clearly points out the following groups as being unclean. Read both chapters in full.

- (A) All animals which *do not* have a *split hoof* and *chew cud*. (Deut. 14:6.)
- (B) All fish and water creatures that *do not* have both fins and scales. (Nearly all fish are clean.) (Deut. 14:9.)

- (C) All birds of prey, carrion eaters and fish eaters. Lev. 11:13-20.
 (D) Most "creeping things" (or invertebrates) are also unclean. Lev. 11:21-47.

NOTE: These chapters make it clear that most animals, birds and water creatures that men ordinarily eat are clean. There are, however, some very notable exceptions. ACCORDING TO GOD'S RULES, THE FOLLOWING ARE UNCLEAN AND ARE NOT TO BE EATEN: THE HOG, THE SQUIRREL, THE RABBIT, THE CATFISH, THE LAMPREY EEL, LOBSTERS, CLAMS, CRABS, SHRIMP, OYSTERS AND FROGS.

**6. But I like pork.
 Will God destroy
 me if I eat it?**



"For, behold, the Lord will come with fire . . . and by his sword will the Lord plead with all flesh; and the slain of the Lord shall be many. They that sanctify themselves, and purify themselves . . . eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the Lord." Isaiah 66:15-17.

ANSWER: This may be shocking, but it is true and must be told. The Bible positively states that all who eat "swine's flesh" the "mouse" and other unclean things that are an "abomination" will be destroyed with fire at the coming of the Lord. When God says to leave something alone and not eat it, He has good reason for it, and means it. After all, it was the mere eating of a piece of forbidden fruit by Adam and Eve, a sinless couple, that brought sin and death to this world in the first place. Can anyone say that it doesn't matter when God so clearly shows that it does? God says men will be destroyed because they "chose that in which I delighted not." Isaiah 66:4.



7. But didn't this law of clean and unclean animals originate at Sinai? Wasn't it for the Jews only, and didn't it end at the cross?

"And the Lord said unto Noah . . . of every clean beast thou shalt take to thee by sevens . . . and of beasts that are not clean, by two." Gen. 7:1, 2. Babylon . . . is fallen . . . and is become . . . a cage of every unclean and hateful bird." Rev. 18:2.

ANSWER: No, indeed! All animals, by their very nature, have been either clean or unclean from creation, just as some plants have always been flowers and others vegetables. Noah was not a Jew, but he knew of the clean and unclean, because he took (into the ark) the clean animals by "sevens", and the unclean by "twos". Revelation 18 refers to unclean birds as still existing just before the second coming of Christ. The death of Christ had no adverse affect whatever on these health laws, because the Bible says that all who break them will be destroyed when Jesus returns (Isa. 66:15-17). The Jew's stomach and digestive system in no way differs from that of a Gentile. These health laws are for all people for all time.

8. Does the Bible forbid the use of alcoholic beverages?



"Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise." Prov. 20:1. "Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder." Prov. 23:31-32. "Nor thieves . . . nor drunkards . . . shall inherit the kingdom of God." 1 Cor. 6:10.

ANSWER: Yes, the Bible clearly forbids the use of alcoholic beverages.

9. Does the Bible condemn the use of tobacco?

ANSWER: Yes, following are 7 Bible reasons why the use of tobacco is displeasing to God.

- (1) *It contains nicotine, a deadly poison.*



God says he will destroy those who use "poisonful herbs." See Deut. 29:17-19. (Note margin for verse 18.)

- (2) *Nicotine is a narcotic that enslaves a man.*



Whoever or whatever we obey, we serve (See Romans 6:16). Tobacco users are servants of nicotine. But Jesus says, "Thou shalt worship the Lord thy God, and him only shalt thou serve." Matt. 4:10.

- (3) *The use of tobacco injures health and defiles the body.*



"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3:16, 17.

- (4) *The use of tobacco wastes money.*



"Wherefore do ye spend money for that which is not bread?" Isa. 55:2. We are God's stewards of the money given us and "it is required in stewards, that a man be found faithful." 1 Cor. 4:2.

- (5) *Tobacco using is a fleshly lust.*



"Abstain from fleshly lusts, which war against the soul." 1 Peter 2:11. The use of tobacco never draws anyone closer to Christ.

- (6) *The tobacco habit is unclean.*



"Come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you." 2 Cor. 6:17. It is really preposterous to think of Christ using tobacco in any form, isn't it?

- (7) *The use of tobacco shortens life.*

Recent scientific findings establish the fact that the use of tobacco often shortens the life span by as much as one third. This breaks God's command against kill-

ing (Ex. 20:13). Even though it is slow murder, it is still murder. One of the best ways to postpone your funeral is to quit using tobacco.



10. What are some of the simple, yet very important, health laws found in the Bible?

Here are eleven Bible health rules.

- (1) *Eat your meals at regular intervals and do not use animal "fat" or "blood".*



"Eat in due season." Ecclesiastes 10:17. "It shall be a perpetual statute . . . that ye eat neither fat nor blood." Lev. 3:17.

NOTE: Recent scientific studies have established the fact that most heart attacks result from a high cholesterol level in the blood—and that the use of "fats" is largely responsible for this high level. Looks like the Lord knows what He is talking about, after all, doesn't it?



- (2) *Don't over-eat.*

"Put a knife to thy throat, if thou be a man given to appetite." Prov. 23:2.

In Luke 21:34, Christ specifically warns against "surfeiting" in the last days. Overeating or surfeiting is responsible for many degenerative diseases.



- (3) *Don't harbor envy or hold grudges.*

These evils disrupt body processes. The Bible says that envy brings "rotteness of the bones." Prov. 14:30. Christ even commands us to clear up grudges that others may hold against us. (Matt. 5:23, 24.)

- (4) *Maintain a cheerful, happy disposition.*



"A merry heart doeth good like a medicine." Prov. 17:22. "As he thinketh in his heart, so is he." Prov. 23:7. Many diseases from which men suffer are a result of mental depression. A cheerful, happy disposition imparts health and prolongs life.

- (5) *Put full trust in the Lord.*



"The fear of the Lord tendeth to life." Prov. 19:23. Trusting in the Lord strengthens health and life. "My son, attend to my words." "For they are life unto those that find them, and health to all their flesh." Prov. 4:20, 22. So health comes from obedience to God's commands and from putting full trust in Him.

- (6) *Balance work and exercise with sleep and rest.*



"Six days shalt thou labour and do all thy work . . . but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work." Ex. 20:9, 10. "The sleep of a labouring man is sweet." Eccl. 5:12. "In the sweat of thy face shalt thou eat bread." Gen. 3:19. "It is vain for you . . . to sit up late . . . for so he giveth his beloved sleep." Psalm 127:2. "His heart taketh not rest in the night. This is also vanity." Eccl. 2:23.

- (7) *Keep your body clean.*

"Be ye clean." Isa. 52:11.



- (8) *Be temperate in all things.*

"ABSTAIN FROM ALL HARMFUL THINGS AND DON'T OVERDO THE GOOD THINGS"

"Every man that striveth for the mastery is temperate in all things." 1 Cor. 9:25. "Let your

moderation be known unto all men." Phil. 4:5. A Christian will completely avoid all things that are harmful and will be moderate in use of things that are good. Habits which injure health break the command "thou shalt not kill." They kill by degrees. They are suicide on the installment plan.

- (9) *Avoid all harmful stimulants.*

"Coffee is a harmful stimulant."



Here is a surprise. Medical science has established the fact that tea, coffee and cola drinks, which contain the addictive drug caffeine and other harmful ingredients, are all positively damaging to the human body. None of these contain food value except through the sugar or cream added, and most of us already use too much sugar. They give a dangerous artificial boost to the body, and are like putting pennies in the fuse box. The popularity of these drinks is not due to flavor or advertising, but to the dose of caffeine they contain. Many Americans are sickly because of their addiction to coffee, tea, and cola drinks. BUT THE REALLY GREAT TRAGEDY IS THAT MEN AND WOMEN SEEKING PEACE AND STRENGTH ARE USING TEA AND COFFEE AS CHEAP SUBSTITUTES FOR PRAYER AND BIBLE STUDY. THIS DELIGHTS THE DEVIL AND WRECKS HUMAN LIVES.

- (10) *Make mealtime a happy time.*



"And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God." Eccl. 3:13. Unhappy scenes at mealtime hinder digestion. Avoid them.

- (11) *Help those who are in need.*



"Loose the bands of wickedness . . . undo the heavy burdens . . . deal thy bread to the hungry . . . bring the poor that are cast out to thy house? when thou seest the naked . . . cover him . . . Then . . . thine health shall spring forth speedily." Isaiah 58:6-8. This is too plain to misunderstand: when we help the poor, sick and needy, we increase our own health.

11. What solemn reminder is given to those who ignore God's rules?



"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." Galatians 6:7.

ANSWER: The answer is too plain to miss. Those who break God's rules regarding the care of the body machine will reap broken bodies and burned-out lives just as one who abuses his automobile will have serious car trouble. And those who continue to break God's laws of health will ultimately be destroyed by the Lord. (1 Cor. 3:16, 17.) God's health laws are not arbitrary. They are natural established laws of the universe like the law of gravity. Ignoring these laws always brings certain disastrous results. The Bible says, "The curse causeless shall not come." Proverbs 26:2. Trouble comes when we ignore the laws of health. God, in mercy, tells us what these laws are so we may avoid the tragedies that result from breaking them.

12. What fearful, shocking truth about health involves our children and grandchildren?



"Thou shalt not eat it; that it may go well with thee, and with thy children after thee." Deut. 12:25. "I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me." Ex. 20:5.

ANSWER: God makes it very plain that children and grandchildren (to the 4th generation) pay for the folly of parents who ignore God's health rules. The children and grandchildren inherit weakened, sickly bodies because mother and dad defy God's rules for their lives. Is this what you want for your dear children and grandchildren?

13. What even more fearful, sobering fact does God's word reveal?



"There shall in no wise enter into it anything that defileth." Rev. 21:27. "But as for them whose heart

walketh after . . . their detestable things . . . I will recompense their way upon their own heads, saith the Lord God." Eze. 11:21.

ANSWER: Nothing defiling or unclean will be permitted to enter God's kingdom. All filthy habits defile a person. Use of improper food defiles a person (See Daniel 1:8). It is sobering, but it's true. Choosing their "own ways" and "that in which I (God) delighted not" will cost men their eternal salvation. (Isaiah 66:3, 4, 15-17.)

14. What should every sincere Christian endeavor to do at once?



"Let us cleanse ourselves from all filthiness of the flesh." 2 Cor. 7:1. "Every man that hath this hope in him purifieth himself, even as he (Christ) is pure." 1 John 3:3. "If ye love me, keep my commandments." John 14:15.

ANSWER: Sincere Christians will bring their lives into harmony with God's rules at once, because they love Him and know He is a loving father whose rules greatly add to their happiness and protect them from the devil's diseases (Acts 10:38). **God's counsel and rules are always for our good, just as a good parent's rules and counsel are best for his children.** When we know better, God holds us accountable. "To him that knoweth to do good, and doeth it not, to him it is sin." Jas. 4:17.

15. But I'm worried because some of my evil habits have bound me so tightly. What can I do?



"As many as received him, to them gave he power to become the sons of God." John 1:12. "I can do all things through Christ which strengtheneth me." Phil. 4:13.

ANSWER: Take all of these things to Christ and lay them at His feet. He will give you a new heart and freely give you the power you need to break any

evil habit and become a son or daughter of God. (Eze. 11:18, 19.) How thrilling and heart-warming it is to know that "with God all things are possible." Mark 10:27. And Jesus says, "Him that cometh to me I will in no wise cast out." John 6:37. **Jesus longs to break the shackles that bind us and set us free, if we will let Him. Our worries, evil habits, nervous tensions and fears will be gone when we do His bidding.** He says, "These things have I spoken unto you . . . that your joy might be full." John 15:11. The devil denies this and teaches that freedom is found in disobedience, but this is a falsehood. (John 8:44.)



16. What thrilling promises are given in regards to God's new kingdom?

"And the inhabitant shall not say, I am sick." Isa. 33:24. "And there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain." Rev. 21:4. "They shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." Isaiah 40:31.

ANSWER: Since the citizens of God's new kingdom will obey his health laws, there will be no sickness, pain, disease, tears, or tragedy of any kind. They will be blessed with eternal vigor and youth and will live with God in supreme joy and happiness throughout all eternity.

I. Explain 1 Timothy 4:1-5 ("Every creature of God is good, and nothing to be refused.")

ANSWER This scripture passage (verse 3) refers to meats "which God hath created to be received with thanksgiving" by His people. These meats, as we have already discovered, are the clean meats listed in Leviticus 11 and Deuteronomy 14. Verse four makes it clear that all "creatures of God" are good and not to be refused provided they are among those created to "be received with thanksgiving" (the clean animals). Verse five tells why these animals (or foods) are acceptable: (1) They are "sanctified" by God's word which says they are clean, (2) and by a "prayer" of blessing which was offered before the meal. Please note, however, that God will destroy people who try to "sanctify themselves" while eating unclean foods. Isaiah 66:17.

II. Explain, "Not that which goeth into the mouth defileth a man; but that which cometh out." Matt. 15:11 (Read verses 1-20).

ANSWER The subject in this chapter is EATING WITHOUT FIRST WASHING THE HANDS. (See verse 2.) The subject is not EATING but WASHING. The scribes taught that any food eaten without a special ceremonial washing by the eater defiled a man. Jesus said that the ceremonial washings were meaningless. He listed certain evils—murders, adulteries, thefts, etc. Then He added, "These are the things which defile a man: BUT TO EAT WITH UNWASHEN HANDS DEFILETH NOT A MAN." Matt. 15:19, 20.

III. But didn't Jesus cleanse all animals in Peter's vision as recorded in Acts Chapter 10?

ANSWER No! No! A thousand times, no! In fact, the subject involved in the vision is not animals, but people. God gave Peter this vision to show him that the Gentiles were not unclean as the Jews believed. Cornelius, a Gentile, by instruction of God had sent men to visit Peter, and Peter would have refused to see them if this vision had not been given him before the men arrived. But the vision was over when the men did arrive, so Peter welcomed them, explaining that ordinarily he would not have done so, but he added that "GOD HATH SHEWED ME THAT I SHOULD NOT CALL ANY MAN COMMON OR UN-

CLEAN." (Verse 28.) In the next chapter (Acts 11) the church members withstood Peter and criticized him for speaking with these Gentiles. So Peter told them the whole story of his vision and its meaning. And verse 18 says, "When they heard these things, they held their peace, and glorified God, saying, Then hath God also to the Gentiles granted repentance unto life."

IV. What did God make the hog for if not to eat?

ANSWER He made him for the same purpose that he made the buzzard—as a scavenger to clean up refuse. And the hog serves this purpose admirably.

V. Explain Romans 14:3, 6, 14 & 20. "Let not him which eateth not judge him that eateth." "There is nothing unclean of itself." "All things indeed are pure."

ANSWER Verses 3 and 6 are a discussion of those who eat certain things vs. those who do not. The passage does not say either is right, but rather counsels that neither pass judgment on the other, but rather let God be the judge (See verses 4, 10-12). Verses 14 and 20 refer to foods that were first offered to idols (and were thus ceremonially unclean) *and not to the clean and unclean meats of Leviticus 11.* (Read 1 Cor. 8:1, 4, 10, 13.) The point of the discussion is that no food is "unclean" or "impure" just because it has first been offered unto idols because an idol is "nothing in the world." (1 Cor. 8:4.) But if a man's conscience bothers him for eating such food, he should leave it alone or if it causes offense to a brother, he should likewise abstain.

VI. Are health laws and eating and drinking really important to me personally? If I love the Lord, isn't that enough?

ANSWER They are a matter of life vs. death because these laws involve obedience. "He became the author of eternal salvation *unto all them that obey Him.*" Hebrews 5:9. "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but *he that doeth the will of my Father which is in heaven.*" Matt. 7:21. Love to Christ is involved here because he says, "If ye love me, keep my commandments." John 14:15. When we truly love the Lord, we will gladly obey Him without dodging or making excuses. This is the supreme test.

SUMMARY SHEET - I

Check The Correct Answer

Numbers—(1)—indicate number of correct answers

1. Following God's health rules for the human body (1)
 - ☐ Is all right for children, but not of great importance to an adult.
 - ☐ Is a very important part of true Bible religion.
 - ☐ Has nothing whatever to do with a man's religion.
2. God's health laws were given by a loving God (1)
 - ☐ Who made us in the beginning and knows what is best for our happiness.
 - ☐ For the Jews only and do not apply today.
 - ☐ To show us that He is boss and can control us.
3. A true Christian will (1)
 - ☐ Eat and drink anything he desires in spite of Bible rules. ☐ Just love the Lord supremely and ignore His health laws because they were done away with at the cross.
 - ☐ Eat and drink only those things which will strengthen his body, mind and character and bring honor to God.
4. Man's first diet (1)
 - ☐ Was fruit, vegetables, grains and nuts. ☐ Included alcoholic beverages and flesh foods. ☐ Consisted of anything and everything that Adam and Eve wanted.
5. God lists the following creatures as unclean (check the unclean) (7)
 - ☐ Cow ☐ Pig ☐ Chicken ☐ Squirrel ☐ Rabbit ☐ Catfish
 - ☐ Deer ☐ Sunfish ☐ Clams ☐ Shrimp ☐ Lobsters ☐ Goat
6. Alcoholic beverages (1)
 - ☐ Are all right for a Christian if used in moderation. ☐ Are wrong for a person to use only if he thinks they are wrong. ☐ Are not to be used by a Christian.
7. The use of tobacco (1)
 - ☐ Is each person's private business and has no relationship whatever to his religion.
 - ☐ Is sinful and a Christian will not use it in any form.
 - ☐ Is beneficial to the Christian. ☐ Helps him relax.
8. Check the health laws listed below which are God's health laws. (9)
 - ☐ Don't over-eat. ☐ Smoke after each meal. ☐ Be happy and cheerful.
 - ☐ Drink some liquor before meals. ☐ Keep your body clean.
 - ☐ Eat lots of pork. ☐ Drink plenty of coffee and tea.
 - ☐ Be temperate in all things. ☐ Eat meals at regular intervals.
 - ☐ Don't harbor grudges. ☐ Balance work, exercise and sleep.
 - ☐ Trust fully in the Lord. ☐ Don't use animal "fat" and "blood."
9. A very important truth regarding sound health laws is (1)
 - ☐ That children and grandchildren often have weak bodies and minds because parents ignore God's health laws. ☐ That these laws were for the Jews only and do not apply today. ☐ That if we really love Christ His health laws are unimportant.
10. The best way to overcome sinful habits (1)
 - ☐ Is to "taper off." ☐ Is to yield fully to Christ who gives us power to do all things. ☐ Is to seek counsel from the family physician.
11. God's health laws (1)
 - ☐ Are like the rules for operating a car: they are best for us, and we run into serious trouble when we ignore them. ☐ Are part of Moses' law that was done away at the cross. ☐ Are a good idea but do not affect a person's relation to God.
12. A sincere Christian will (1)
 - ☐ Spend more time praying and ignore God's health rules.
 - ☐ Immediately change any habit when he finds it conflicts with God's rules because when we love Christ, we will gladly keep His rules and commandments.
 - ☐ Restrict his diet to only what tastes good.