

GOSPEL OF HEALTH

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Robe of Righteousness

What did Moses, by the Spirit of Prophecy, say of Adam and Eve?

Gen 2:25 And they were both naked, the man and his wife, and were not ashamed.

NAKED=WITHOUT ARTIFICIAL GARMENTS According to Websters

Gen 1:27 So God created man in his [own] image, in the image of God created he him; male and female created he them.

Was the Image of God Naked /Is God Naked? (Without Artificial Garments)

Psalms 104:1 Bless the LORD, O my soul. O LORD my God, thou art very great; thou art clothed with honour and majesty.

Psalms 104:2 Who coverest [thyself] with light as [with] a garment: who stretchest out the heavens like a curtain:

**When Adam Lost the “Mind of God” by Sin, what did Satan cause him to invent?
Sinful Garment (First FASHION?)**

Gen 3:7 And the eyes of them both were opened, and they knew that they [were] naked; and they sewed fig leaves together, and made themselves aprons.

What did the Mind of God create to properly clothe man in Righteousness?

Gen 3:21 Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them.

***COMPARISON OF APRONS AND COATS**

APRONS

ARMS EXPOSED
LEGS EXPOSED
BACK EXPOSED
CHEST EXPOSED

COATS

ARM COVERED
LEGS COVERED

COAT - FULL LENGTH GARMENT – FALLING TO ABOUT THE FEET (WELL BELOW THE KNEE) . GIVEN BY GOD TO COVER AND REPLACE SATANS GARMENT MADE BY MANS WORKS.

APRON – GARMENT GOD REJECTED FOR HIS WORSHIPPERS TO COME BEFORE HIM IN. SATAN DESIGNS – WORK OF MANS HANDS

DID THE RIGHTEOUS IN SCRIPTURE WEAR COATS (COAT-LIKE GARMENTS)?- (i.e. WERE THEY FULLY COVERED?)

GEN 3:21 **ADAM & EVE** - Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them.

GEN 37:3 **JOSEPH** - Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colours.

EX 28:4 **AARON & PRIESTS** - And these are the garments which they shall make; a breastplate, and an ephod, and a robe, and a brodered coat, a mitre, and a girdle: and they shall make holy garments for Aaron thy brother, and his sons, that he may minister unto me in the priest's office.

1 SAM 2:19 **SAMUEL** - Moreover his mother made him a little coat, and brought it to him from year to year, when she came up with her husband to offer the yearly sacrifice.

JOB 30:18 **JOB** - By the great force of my disease is my garment changed: it bindeth me about as the collar of my coat.

DAN 3:21 **3 HEBREW BOYS** - Then these men were bound in their coats, their hosen, and their hats, and their other garments, and were cast into the midst of the burning fiery furnace.

MATT 10:10 **DISCIPLES** - Nor scrip for your journey, neither two coats, neither shoes, nor yet staves: for the workman is worthy of his meat.

JOHN 19:23 **JESUS** - Then the soldiers, when they had crucified Jesus, took his garments, and made four parts, to every soldier a part; and also his coat: now the coat was without seam, woven from the top throughout.

Spirit of Prophecy Statements Relative to Health & Dress

HEALTH

Health depends on clothes that facilitate proper circulation

In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. 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. {CG 366.3}

I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draft, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather. I should eat regularly of the most healthful food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so. 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 367.1}

DRESS

Primary Importance of Education regarding Dress

In the education of children and youth they should be taught that the habits of eating, drinking, and dressing which have been formed after the world's standard are not in accordance with the laws of health and life, and must be held in control by reason and intellect. The power of appetite and strength of habit should not be permitted to overpower the dictates of reason {CG 392.2}

Proper Dress is a part of Sanctification

This is true sanctification. It is not merely a theory, an emotion, or a form of words, but a living, active principle, entering into the everyday life. It requires that our habits of eating, drinking, and dressing be such as to secure the preservation of physical, mental, and moral health, that we may present to the Lord our bodies,--not an offering corrupted by wrong habits, but "a living sacrifice, holy, acceptable unto God." CD 57.6

CLOTHING THE LIMBS

Exposing Arms and Legs: Parents and children dressed to cause disease

Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and the region over the heart, where is the greatest amount of heat. Parents who dress their children with the extremities naked, or nearly so, are sacrificing the health and lives of their children to fashion. If these parts are not so warm as the body, the circulation is not equalized. When the

extremities, which are remote from the vital organs, are not properly clad, the blood is driven to the head, causing headache or nosebleed; or there is a sense of fullness about the chest, producing cough or palpitation of the heart, on account of too much blood in that locality; or the stomach has too much blood, causing indigestion. {CG 426.2}

Sleeve-less Garments and Uncovered Legs contrary to God's Design in Physiology

In order to follow the fashions, mothers dress their children with limbs nearly naked; and the blood is chilled back from its natural course and thrown upon the internal organs, breaking up the circulation and producing disease. The limbs were not formed by our Creator to endure exposure, as was the face. The Lord provided, . . . also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities. {CG 426.3}

Apron-Like Garments (Short Sleeve, Short Pants, Short Skirts) Invented by Satan

Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course. And parents bow at the shrine of fashion and so clothe their children that the nerves and veins become contracted, and do not answer the purpose that God designed they should. The result is habitually cold feet and hands. Those parents who follow fashion instead of reason will have an account to render to God for thus robbing their children of health. Even life itself is frequently sacrificed to the god of fashion. {CG 427.1}

The limbs, which should have even more covering than any other portion of the body, because farthest from the center of circulation, are often not suitably protected; while over the vital organs, where there is naturally more warmth than in other portions of the body, there is an undue proportion of covering. The heavy draperies often worn upon the back, induce heat and congestion in the sensitive organs which lie beneath. This fashionable attire is one of the greatest causes of disease among women. Perfect health depends upon perfect circulation.

HISTORY OF AMERICAN COSTUME: God speaks about Pants (Women and Pants)

* For further information research the terms: American Costume, Bloomerites, Women's Rights Movement.

No occasion should be given to unbelievers to reproach our faith. We are considered odd and singular, and should not take a course to lead unbelievers to think us more so than our faith requires us to be. {1T 420.2}

Some who believe the truth may think that it would be more healthful for the sisters to adopt the American costume, yet if that mode of dress would cripple our influence among unbelievers so that we could not so readily gain access to them, we should by no means adopt it, though we suffered much in consequence. But some are deceived in thinking there is so much benefit to be received from this costume. While it may prove a benefit to some, it is an injury to others. [SEE APPENDIX.] {1T 421.1}

I saw that God's order has been reversed, and His special directions disregarded, by those who adopt the American costume. I was referred to Deuteronomy 22:5: "The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God." God would not have His people adopt the so-called reform dress. It is immodest apparel, wholly unfitted for the modest, humble followers of Christ. {1T 421.2}

There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible, and to fashion their dress very much like that of men, but God pronounces it abomination. "In like manner also, that women adorn themselves in **modest apparel**, with shamefacedness and sobriety." 1 Timothy 2:9. {1T 421.3}

Those who feel called out **to join the movement in favor of woman's rights** and the **so-called dress reform** might as well sever all connection with the third angel's message. The spirit which attends the one cannot be in harmony with the other. The Scriptures are plain upon the relations and rights of men and women. Spiritualists have, to quite an extent, adopted this singular mode of dress. Seventh-day Adventists, who believe in the restoration of the gifts, are often branded as spiritualists. **Let them adopt this costume, and their influence is dead.** The people would place them on a level with spiritualists and would refuse to listen to them. {1T 421.4}

With the so-called dress reform there goes a spirit of levity and boldness just in keeping with the dress. Modesty and reserve seem to depart from many as they adopt that style of dress. I was shown that God would have us take a course consistent and explainable. Let the sisters adopt the American costume and they would destroy their own influence and that of their husbands. They would become a byword and a derision. Our Saviour says: "Ye are the light of the world." "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." There is a great work for us to do in the world, and God would not have us take a course to lessen or destroy our influence with the world. 1T 421

What is the AMERICAN COSTUME/SO-CALLED DRESS REFORM?

(please re-read previous quotes after reading this section)

Remember: *It was an abomination in God's Sight, It was not modest, It has a deceptive quality – believed to be healthful, It would cripple our influence and it would be dead, It was unfit for followers of Christ, Resembled men's dress, Brought a spirit of levity & boldness to formerly modest women.*

In wide contrast with this modest dress is the so-called American costume, resembling very nearly the dress worn by men. It consists of a vest, pants, and a dress resembling a coat and reaching about halfway from the hip to the knee. This dress I have opposed, from what has been shown me as in harmony with the word of God; while the other I have recommended as modest, comfortable, convenient, and healthful. {1T 465.1}

PROPER DRESS

They have all styles of dress here. Some are very becoming, if not so short. We shall get patterns from this place and I think we can get out a style of dress more healthful than we now wear and yet not be bloomer or the American costume. Our dresses according to my idea should be from four to six inches shorter than now worn and should in no case reach lower than the top of the heel of the shoe and could be a little shorter even than this with all modesty. {5MR 380.2} {*BLOOMERS are pants}

NOTE: Today (in 2000) fashion has even separated the coat from the pants. Women wear just the pants or just a garment coming about halfway from the hip to the knee. Making **both** more objectionable.

EXTREME SHORT DRESS

God views a dress reaching the knee as an extreme short dress

My views were calculated to correct the present fashion, the extreme long dress, trailing upon the ground, and also to correct the extreme short dress, reaching about to the knees, which is worn by a certain class. I was shown that we should shun both extremes. By wearing the dress reaching about to the top of a woman's gaiter boot we shall escape the evils of the extreme long dress, and shall also shun the evils and notoriety of the extreme short dress. {1T 464.1}

EXTREME SHORT

What would be the result of Christian Women wearing a dress reaching the knee

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