

However, because of God's concern for the welfare of His living temple, we would expect more than warnings against abuse. We would expect Him to give clear and positive counsel about how to keep the body temple in the best possible condition. Does the Bible contain such counsel?

3.—GOD'S COUNSEL ABOUT THE BODY TEMPLE

God's health counsel has three outstanding merits—comprehensiveness, common-sense and candour. Let us consider them in order:

(a) **Comprehensiveness.** God's counsel takes in the whole of man—physical, mental and spiritual—and the whole of life. His health programme is a well-balanced one.

I Cor. 10 : 31: "Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God."

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

The Bible meaning of "temperance" is not merely "total abstinence from that which is bad", but also "the moderate use of that which is good."

Heb. 12 : 1: "Let us lay aside every weight."

Some of the Bible's most positive recommendations for good health are as follows:

Strict personal cleanliness (II Cor. 7 : 1).

Proper sanitary provisions (Deut. 23 : 12-14).

Isolation of infectious diseases (Num. 5 : 2, 3; Lev. 13 : 45, 46).

Burning of infected materials (Lev. 13 : 47, 48, 52).

Clean and wholesome foods (Gen. 1 : 29; Lev. 11 : 1-47).

Non-intoxicating drinks (Prov. 20 : 1).

Avoidance of gluttony (Luke 21 : 34; I Cor. 9 : 25).

Adequate exercise and rest (Ex. 20 : 8-11; Mark 6 : 31).

Clean, positive thinking (Phil. 4 : 8).

Cheerfulness, contentment and trust in God (Prov. 17 : 22; Phil. 4 : 11; Isa. 26 : 3, 4).

The most fastidious modern Health Department could hardly find fault with these recommendations!

(b) **Common Sense.** The logic behind God's health programme is simple and invincible:

(1) What we sow we reap.

(2) Prevention is better than cure.

(3) God made us; therefore, He knows what food is best for us.

(4) The food God gave man in his sinless state is the best for man as he seeks to regain that state.

(5) It is safer and more economical to get our food first-hand from the soil, than second-hand from diseased animals.

(6) Clean, temperate living brings its own reward.

(c) **Candour.** God puts the consequences of self-discipline—and self-indulgence—squarely before us.

Deut. 30 : 15, 19, 20: "Behold, I set before you life and good, and death and evil. Wherefore choose life."

Conclusion We are now in a position to appreciate the force of Paul's appeal in Rom. 12 : 1: "I beseech you therefore brethren, by the mercies of God, that ye present your bodies a living sacrifice, wholly acceptable unto God, which is your reasonable service."

The sanest and most rational way to live is in harmony with the laws of God.

"The great business of life is to find which way God is moving and then—move with Him."

Let us resolve to do this, and we will be compelled to say with David: "With Thee is the fountain of life, and in Thy light shall we see light" (Ps. 36 : 9).