EXERCISE SPIRIT OF PROPHECY STATEMENTS

"There is no exercise that can take the place of walking . . ." 3T 78

"Exercise will aid the work of digestion. To walk out after a meal. . . Morning exercise, in 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, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases." HL 130

"Your habit of riding out in the open air and sunshine has been very beneficial. . But you have neglected other exercise which was even more essential than this. You have depended upon your carriage to go even a short distance. You have thought that if you walked even a little way it would injure you, and you have felt weary in doing so." 3T 75

"They (our ministers) should have periods of rest, of entire freedom from taxing labor. But these cannot take the place of daily physical exercise." CH 564

"Teach your children that nothing is to be withheld from God. . . They are accountable for the judicious exercise of every faculty." ST Oct. 18, 1899

"Let parents understand that the training of their children is an important work in the saving of souls. In country places abundant useful exercise will be found in doing those things that need to be done, and which will give physical health by developing nerve and muscle. 'Out of the cities' is my message for the education of our children." 10MR 260

"Every day there is housework to be done—cooking, washing dishes, sweeping, and dusting. Mothers, have you taught your daughters to do these daily duties? . . . Their muscles need exercise. In the place of getting exercise by jumping and playing ball or croquet, let their exercise be to some purpose." CG 352

". . . In a judicious manner obtain exercise and air out of doors." CH 97

"Exercise in useful labor will be carrying out the original plan of God, when he bade Adam and Eve to dress the garden. Life is precious and should be preserved intelligently by regarding the laws of our being." HZR May 1, 1873

"Outdoor exercise, especially in useful labor, is one of the best means of recreation for body and mind. . ." Ed 278

"I arose at half past four a.m. At five I was at work spading up ground and preparing to set out my flowers. I worked one hour alone, then Edith Ward and Ella May White united with me, and we planted our flowers. Then we set out twenty-eight tomato plants, when the bell rang for morning prayers and breakfast. I think I have received no harm from my vigorous exercise, but feel better for the work done." 8MR 120

"A variety of exercise will call into use all the muscles and aid in their perfect development, all having equal strength to perform the distinctive work for which God designed them." HR July 1, 1872 (also 3T 77)

"Exercise in a gymnasium, however well conducted, cannot supply the place of recreation in the open air, and for this our schools should afford better opportunity. Vigorous exercise the pupils must have." Ed 210

"There are healthful methods of exercise that may be planned which will be beneficial to both soul and body." 2SM 321-4

"Let the student take regular exercise that will cause him to breathe deep and full. . . " FE 74

". . . You need physical, out-door, cheerful, useful, happy, well-directed exercise." HR July 1, 1868

". . . Importance of daily exercise." CH 173

"Outdoor exercise is the best. . ." MH 238