

Bible Hygiene

Study On The Central Nervous System

Brother, Jenseny Augustave

Social Media

Instagram <https://www.instagram.com/biblehygiene/>

Facebook: <https://www.facebook.com/biblehygiene>

Youtube: [youtube.com/Biblehygiene](https://www.youtube.com/Biblehygiene)

Email: biblehygiene@gmail.com

Website: www.biblehygiene.com

Donations

Via Paypal <https://www.paypal.me/jensenyaugustave>

Via Cash app [https://cash.app/\\$JensenyAugustave](https://cash.app/$JensenyAugustave)

Every organ of the body was made to be servant of the mind.--T., V. III, p. 136. p. 193, Para. 2, [HL].

821. The brain is the capital of the body, the seat of all the nervous forces and of mental action. The nerves proceeding from the brain control the body. By the brain nerves, mental impressions are conveyed to all the nerves of the body as by telegraph wires; and they control the vital action of every part of the system. All the organs of motion are governed by the communications they receive from the brain.--T., V. III, p. 69. p. 193, Para. 3, [HL].

822. The senses . . . are the avenues to the soul.--T., V. III, p. 507. p. 193, Para. 4, [HL].

823. The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man, and affect his inmost life. Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind.--T., V. II, p. 347. p. 193, Para. 5, [HL].

824. Any part of the body that is not treated with consideration will telegraph its injury to the brain.--C. E., p. 125. p. 194, Para. 1, [HL].

827. A calm, clear brain and steady nerve are dependent upon a well balanced circulation of the blood.--H. R. p. 194, Para. 4, [HL].

Examples of Nervous Control.--

830. The very food they place before their children is such as to irritate the tender coats of the stomach. This excitement is communicated, through the nerves, to the brain, and the result is that the animal passions are aroused, and control the moral powers. Reason is thus made a servant to the lower qualities of the mind.--T., V. IV, p. 140. p. 194, Para. 7, [HL].

Opium.--

831. This drug poison, opium, gives temporary relief from pain, but does not remove the cause of pain. It only stupefies the brain, rendering it incapable of receiving impressions from the nerves. While the brain is thus insensible, the hearing, the taste, and the sight are

affected. When the influence of opium wears off, and the mind arouses from its state of paralysis, the nerves, which have been cut off from communication with the brain, shriek out louder than ever . . . because of the additional outrage the system has sustained in receiving this poison.--H. to L., Chap. 3, p. 56. p. 195, Para. 1, [HL].

Drugs.--

865. The drugs given to stupefy, whatever they may be, derange the nervous system.--H. to L., Chap. 3, p. 57. p. 202, Para. 2, [HL].

866. The liver, heart, and brain are frequently affected by drugs, and often all these organs are burdened with disease, and the unfortunate subjects, if they live, are invalids for life, wearily dragging out a miserable existence.--H. to L., Chap. 3, p. 61. p. 202, Para. 3, [HL].

867. Witness the mildest protracted influence of nux vomica upon the human system. As its introduction, the nervous energy was excited to extraordinary action to meet this drug poison. This extra excitement was followed by prostration, and the final result has been paralysis of the nerves.--H. to L., Chap. 3, p. 58. p. 202, Para. 4, [HL].

868. Poisonous medicines, or something called a soothing cordial, . . . is poured down the throat of the abused infant. . . . If it recovers, it must bear about more or less in its system the effects of that poisonous drug, and it is liable to spasms, heart disease, dropsy of the brain, or consumption. Some infants are not strong enough to bear even a trifle of drug poisons; and as nature rallies to meet the intruder, the vital forces of the tender infant are too severely taxed, and death ends the scene.--H. to L., Chap. 5, p. 70. p. 202, Para. 5, [HL].

Improper Dress.--

849. Artificial hair and pads covering the base of the brain, heat and excite the nerves centering in the brain. . . . The heat caused by these artificial coverings induces the blood to the brain, producing congestion. In consequence of the brain's being congested its nerves lose their healthy action.--H. R. p. 198, Para. 6, [HL].

850. Their limbs, as well as their arms, are left almost naked. . . . The heart, weakened by too great labor, fails in its efforts, and the limbs become habitually cold; and the blood, which is chilled away from the extremities, is thrown back upon the lungs and brain, and inflammation and congestion of the lungs or the brain is the result.--H. to L., Chap. 5, pp. 71, 72. p. 199, Para. 1, [HL].

Errors in Diet.--

Errors in Diet.--

851. The brain is closely connected with the stomach, and its power has so often been called to aid the weakened digestive organs that it is in its turn weakened, depressed, congested.--T., V. II, p. 318. p. 199, Para. 2, [HL].

852. The brain nerve energy is benumbed and almost paralyzed by overeating.--T., V. II, p. 414. p. 199, Para. 3, [HL].

853. Your health is greatly injured by overeating and eating at improper times. This causes a determination of the blood to the brain. The mind becomes confused, and you have not the proper control of yourself. You appear like a man whose mind is unbalanced. You make strong moves, are easily irritated, and view things in an exaggerated and perverted light.--T., V. IV, p. 501. p. 199, Para. 4, [HL].

854. If the stomach is burdened with too much food, even of a simple character, the brain force is called to the aid of the digestive organs. There is a benumbed sensation upon the brain. It is almost impossible to keep the eyes open. . . . The brain is almost paralyzed in consequence of the amount of food eaten.--T., V. II, p. 603. p. 199, Para. 5, [HL].

855. Nature bears abuse as long as she can without resisting, then she arouses and makes a mighty effort to rid herself of the incumbrances and evil treatment she has suffered. Then come headache, chills, fever, nervousness, paralysis, and other evils too numerous to mention.--T., V. II, p. 69. p. 200, Para. 1, [HL].

856. Children should not be allowed to eat gross articles of food, such as pork, sausage, spices, rich cakes, and pastry; for by so doing their blood becomes fevered, the nervous system unduly excited, and the morals are in danger of being affected.-- T., V. IV, p. 141. p. 200, Para. 2, [HL].

857. Some animals that are brought to the slaughter seem to realize what is to take place, and they become furious, and literally mad. They are killed while in this state, and their flesh prepared for market. Their meat is poison, and has produced in those who have eaten it, cramps, convulsions, apoplexy, and sudden death.--H. to L., Chap. 1, p. 60. p. 200, Para. 3, [HL].

Treatment for Nervous Disorders. Improve the General Health.--

871. The mind and body are intimately connected. If the former is to be firm and well balanced, the latter should be in the best possible condition. Conscience and right principles of life should be sustained by firm, quiet nerves, a healthy circulation, and the activity and strength of general health.--H. R. p. 203, Para. 3, [HL].

Fresh Air.--

872. Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence if you will not refuse it entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves. . . . It refreshes the body, . . . while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. . . . It induces sound, sweet sleep.--T., V. I, p. 702. p. 203, Para. 4, [HL].

Diet.--

873. You were in danger of being stricken down by paralysis, one half of you becoming dead. A denial of appetite is salvation to you.--T., V. I. p. 546. p. 203, Para. 5, [HL].

874. All these brethren need to adhere more strictly and perseveringly to a healthful, spare diet, for all are in danger of congested brains, and paralysis may fell one or more or

all of them, if they continue living carelessly or recklessly.--T., V. I, p. 588. p. 204, Para. 1, [HL].

875. You should use the most simple food, prepared in the most simple manner, that the fine nerves of the brain be not weakened, benumbed, or paralyzed.--T., V. II, p. 46. p. 204, Para. 2, [HL].

Exercise.--

876. Healthy, active exercise is what you need. This will invigorate the mind. Neither study nor violent exercise should be engaged in immediately after a full meal.--T., V. II, p. 413. p. 204, Para. 3, [HL].

877. Physical labor, a diversion from mental, will draw the blood from the brain.--T., V. II, p. 569. p. 204, Para. 4, [HL].

878. Morning exercise, in walking in the free, invigorating air of heaven, . . . is the surest safeguard against colds, coughs, congestions of the brain and lungs, . . . and a hundred other diseases.--H. R. p. 204, Para. 5, [HL].

879. The proper exercise of mind and body will develop and strengthen all the powers. Both mind and body will be preserved, and will be capable of doing a variety of work. . . . The proper use of the physical strength as well as the mental powers will equalize the circulation of the blood, and keep every organ of the living machinery in running order. . . . Every faculty of the mind may be exercised with comparative safety if the physical powers are equally taxed, and the subject of thought varied. We need a change of employment, and nature is a living, healthful teacher.--Sp. Instr. on. Ed. Work, p. 14. p. 204, Para. 6, [HL].

The Bath.--

880. The bath is a soother of the nerves.--T., V. III, p. 70. p. 205, Para. 1, [HL]. Mental Influence.--

881. Some . . . have a powerful will, which, exercised in the right direction, would be a potent means of controlling the imagination and thus resisting disease.--T., V. II, p. 524. p. 205, Para. 2, [HL].

882. You are capable of controlling your imagination and overcoming these nervous attacks. You have will power, and you should bring it to your aid.--T., No. 32, p. 66. p. 205, Para. 3, [HL].

883. Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system.-- T., V. II, p. 533. p. 205, Para. 4, [HL].

884. The consciousness of right doing is the best medicine for diseased bodies and minds.--T., V. I, p. 502. p. 205, Para. 5, [HL].

The Bible.--

885. The Bible is a soother of the nerves, and imparts solidity of mind and firm principles.--R. and H., 1878 Nov. 28. p. 205, Para. 6, [HL].