

The Use of Water/External Application

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

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. EVERY PERSON should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” {MH 127.2}

“There are...**SIMPLE REMEDIES** which will do much to restore healthful action to the body. All these simple preparations the Lord expects us to use for ourselves...” {2SM 297.8}

“In health and in sickness, pure water is one of heaven's choicest blessings. ITS PROPER USE PROMOTES HEALTH. It is the beverage which God provided to quench the thirst of animals and man. DRUNK FREELY, it helps to supply the necessities of the system and assists nature to resist disease...” (MH 237.1)

“We answer our own prayers by using the remedies within our reach. Water, wisely applied, is a most powerful remedy. As it is used intelligently, favorable results are seen. God has given us intelligence, and He desires us to make the most of His health-giving blessings...we are to use every blessing God has placed within our reach for the deliverance of those in danger.” {2SM 346.3}

“The Lord has taught us that great efficacy for healing lies in a proper use of water.” Manuscript 73, 1908.” {2SM 288.1}

“Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of nature's own furnished remedies,--pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge of how to apply it.” {TSDF 85.4}

“Water can be used in many ways to relieve suffering.” {2SM 297.3}

SOME WAYS TO RELIEVE SUFFERING ARE:

1: ELIMINATION OF IMPURITIES – “a cold or cool bath is an excellent tonic. warm baths open the pores and thus aid in the elimination of impurities.” {MH 237.1}

2: SOOTHER OF THE NERVES – “Both warm and neutral baths soothe the nerves and equalize the circulation.” {MH 237.1}

3: EQUALIZES THE CIRCULATION – “warm and neutral baths...equalize the circulation.” {MH 237.1} 2

4: REGULATING THE CIRCULATION OF THE BLOOD – “the external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood...” {MH 237.1}

5: HELPS WITH CONGESTION – “When the head is CONGESTED, if the feet and limbs are put in a bath with a little mustard, RELIEF WILL BE OBTAINED.” (2SM 297)

6: HELPS WITH PAIN – “There are many ways in which water can be applied to relieve PAIN and check disease...” {Letter 35 1890/MH 237.2}

“He suffered severe PAIN in his right side, and could not lie upon it for a moment. This pain we subdued with cold water compresses, varying the temperature of the water according to the degree of the fever. We were very careful to keep his hands and feet warm.” {2SM 304.2}

7: HELP WITH FEVERS – “But many have never experienced the beneficial effects of water, and are afraid to use one of Heaven's greatest blessings. Water has been refused persons suffering with BURNING FEVERS, through fear that it would injure them. If, in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burnt up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals.” {2SM 453.1}

“**FEVER CASES** have been lost, when, had the physicians left off entirely their drug treatment, had they put their wits to work and wisely and persistently used the Lord's own remedies, plenty of air and water, the patients would have recovered...” {MM 228.1}

8: HELPS WITH PNEUMONIA – “In the winter of 1864, my Willie was suddenly and violently brought down with lung fever. We had just buried our oldest son with this disease, and were very anxious in regard to Willie, fearing that he too might die. We decided that we would not send for a physician, but do the best we could with him ourselves by the use of water, and entreat the lord in behalf of the child.” {2SM 304.1}

The next day Willie was very sick. He was wandering. He did not seem to see or hear me when I spoke to him. His heart had no regular beat, but was in a constant agitated flutter. We continued to look to God in his behalf, and to use water freely upon his head, and a compress constantly upon his lungs to, and soon he seemed as rational as ever...” {2SM 304.2} Spiritual Gifts, vol. 4 (first section), pp. 151-153 (1864).

“Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform...all should become intelligent in its use in simple treatments. Mothers, especially, should know how to care for their families in both health and sickness.” {MH 237.2}

“Water, wisely applied, is a most powerful remedy. As it is used intelligently, favorable results are seen...” {2SM 346.3}

“Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments...” MS. 15, 1911. {MM 57.1}

To learn more about WATER TREATMENTS, **The Natural Remedies Encyclopedia** (5th & 6th Editions) have much helpful information:

Basic Things To Know About Hot & Cold Water Treatments (Pg. 157)

Chart For Hot & Cold Water Treatments (Pg. 164)

Water Treatments Terminology (Pp. 164-165)

Pictures of Different Types of Water Treatments (Pp. 169-205)

Irrigations of The Ears/Nose & Throat (Pg. 206)

Water Treatment Temperature Table (Pg. 207)

Disease Index For Water Treatments (Pp. 209-211)

To see some **hands on treatments**, just **go to this link**:

<https://www.youtube.com/user/Maschil>

There are many videos.

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/the-use-of-waterexternal-application.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/the-use-of-waterexternal-application.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/10/the-use-of-waterexternal-application.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/the-use-of-waterexternal-application.html>