

# Being Prepared For Accidents And Medical Emergencies

## With A Small Emergency Kit

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

“We have come to a time when EVERY MEMBER of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths...” {7T 62.1}

“The minister, the missionary, the teacher, will find their influence with the people greatly increased when it is manifest that they possess the knowledge and skill required for the practical duties of everyday life. And often the success, perhaps the very life, of the missionary depends on his knowledge of practical things. The ability to prepare food, to deal with accidents and emergencies, to treat disease, to build a house, or a church if need be--often these make all the difference between success and failure in his lifework.” {Ed 221.1}

“BE PREPARED FOR ANY EMERGENCY, for any call of duty. Be waiting, watching for every opportunity to present the truth...” {SD 279.2}

“Every student should understand...if from any cause disease does come, or accidents occur, he should know how to meet ordinary emergencies without calling upon a physician, and taking his poisonous drugs.” {FE 426.3}

### **IT'S A GOOD PRACTICE TO HAVE THE FOLLOWING ON HAND:**

- Activated Charcoal capsules
- Astragalus Capsules
- Cayenne Pepper Tincture (by Dr. Christopher, 1 oz.)
- Cinnamon oil
- Clove oil
- Eucalyptus oil
- Healing Salve
- Lobelia Tincture
- Mullein Tincture
- Nettle capsules
- Peppermint oil
- Tea Tree oil
- Wintergreen oil

Order many items above from [www.vitacost.com](http://www.vitacost.com)

For essential oils go to [www.realoil.com](http://www.realoil.com) and <https://www.revive-eo.com/>

If you want cheap oils....go to Vitacost.com and order the brand Aura Cacia

The best brand for the capsules is “Nature’s Way, which may be ordered at [www.vitacost.com](http://www.vitacost.com)