

## **NEWSTART + 6 The Forgotten Law of Health (DRESS)**

### **Dress & Physiology (Part 1)**

(1 John 4:8; Psalms 84:11; Deut. 30:19)

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

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

“...Dress and educate...with reference to health...” (MH 383 at top of page)

“It is important that instructions should be given...in regard to living temperately. They should show the relation which eating, working, resting, and dressing sustain to health.” {CD 39.1}

“...nothing that pertains to physical perfection should be looked upon as of little importance. In eating, drinking, and DRESSING, the laws of health should be diligently followed...” (CE 124.1)

“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“...Become more intelligent in regard to the laws of life. . .” {11MR 187.3}

#### **EDUCATE IN REGARD TO THE LAWS OF LIFE:**

“...Educate people in regard to the laws of life...” {GCDB, January 30, 1893 par. 2}

#### **WHY?**

“...Educate people in the laws of life so that they may know how to preserve health...” {MM 259.3}

“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...” (MH 128.1)

“True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind...” (7T 137.1)

“You are to apply the laws of life and health to your own case. In violating the laws of health...you misrepresent your maker...” {KC 20.4}

“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted...” {MH 128.1}

“Women especially are the victims of various maladies which might be lessened, if not entirely prevented, by right habits of life. Half their sufferings may be attributed to their manner of dress and the insane desire to conform to the fashions of the world.” {HL 64.4}

#### **BIBLE:**

**Proverbs 26:2** – “...the curse causeless shall not come.”

(See [Deuteronomy 28](#) - we are told that some of the curses deal with diseases)

Job 29:16 – “...the cause which I knew not I searched out.”

**SOP:**

“When the abuse of health is carried so far that sickness results, the sufferer can often do for himself what no one else can do for him. **The first thing to be done is to ascertain the true character of the sickness and then go to work intelligently to remove the cause..**” (MH 235.1)

“The fashionable style of woman's dress is one of the greatest causes of all these terrible diseases. Women especially are the victims of various maladies which might be lessened, if not entirely prevented, by right habits of life. **Half their sufferings may be attributed to their manner of dress, and the insane desire to conform to the fashions of the world.**” {HL 64.2-.4}

“EDUCATE, EDUCATE, EDUCATE....IN THE DRESS...” {TSA 87.2} (Testimonies to Southern Africa)

**WHAT IS CONSIDERED FASHION?**

**WHAT TYPES OF FASHION HINDER A PERFECT CIRCULATION?**

The answers to these questions will be the answer to more than half the sufferings in women.

Here are 2 links with a POWERFUL message regarding this very subject.

- <http://www.thefinalgeneration.org/index.cfm/media/sermon/Dress%20Reform> (audio)
- <http://remnantraiment.com/pdf/The%20Physiology%20of%20Dress%20Reform.pdf> (pdf)

**SOP:**

“All should have an intelligent knowledge of the human frame that they may keep their bodies in the condition necessary to do the work of the Lord. **The physical life is to be carefully preserved and developed** that through humanity the divine nature may be revealed in its fullness. **The relation of the physical organism to the spiritual life is one of the most important branches of education.** It should receive careful attention in the home and in the school. **All need to become acquainted with their physical structure and the laws that control natural life.** He who remains in willing ignorance of the laws of his physical being and who violates them through ignorance is sinning against God. **All should place themselves in the best possible relation to life and health.** Our habits should be brought under the control of a mind that is itself under the control of God.” {COL 348.1}

“Know ye not,” says the apostle Paul, “that **your body is the temple of the Holy Ghost** which is in you, which ye have of God, and ye are not your own? **For ye are bought with a price;** therefore **glorify God in your body**, and in your spirit, which are God's.” 1 Corinthians 6:19, 20. {COL 348.1-.2}

“**God calls upon us to stand upon the broad platform of temperance in** eating, drinking, and **dressing...**” (CG 409.4)

“In the education of children and youth they should **be taught that the habits of** eating, drinking, and **dressing which have been formed after the world's standard are not in accordance with the laws of health and life, and must be held in control by reason and intellect...**” (CG 392.2)

“**Nothing that pertains to physical perfection should be looked upon as of little importance.** In eating, drinking, and **DRESSING, the laws of health should be diligently ...**” (CE 124.1)

**TEACH PREVENTION:**

“**Teach the people how to prevent disease. Tell them to cease rebelling against nature's laws...**” (13MR 178.2)

"...An ounce of prevention is worth a pound of cure." {20MR 1.5}

## **DRESS & HEALTH:**

"In all respects, the DRESS should be healthful..." (MH 288.3)

## **IMPROPER DRESS LEADS TO ALL TYPES OF DISEASES:**

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health...they disregard the principles of health by their habits of eating, drinking, DRESSING, and working..." {MH 234.1-.2}

"The fashionable style of woman's dress is one of the greatest causes of all these terrible diseases..." {HL 64.2}

"More (children) die as the result of following fashion than from all other causes ..." {HL 64.3}

"Women especially are the victims of various maladies which might be lessened, if not entirely prevented, by right habits of life. Half (50%) their sufferings may be attributed to their manner of dress..." {HL 64.4}

"...To secure a good circulation of the current of human life, all parts of the body must be suitably clad..." {HR, August 1, 1868 par. 15}

## **EXTREMITIES/LIMBS TO BE COVERED:**

"Health cannot be enjoyed where there is not an equal circulation of the blood; therefore....we advocate that the limbs of women should not be exposed, but sensibly, neatly, and comfortably clad..." {HR, May 1, 1872 par. 3}

## **WHAT ARE LIMBS?**

They are the arms or legs of a human or four-legged animal.

"There is but one in a thousand who clothes her limbs as she should..." (HL 124.2)

\*\*\*Sister White mentions covering the extremities/limbs of the body many, many times.

"The limbs were not formed by our creator to endure exposure, as was the face..." (2T 531.3) Genesis 3:7,21

"Another EVIL which custom fosters is the unequal distribution of clothing...The feet and LIMBS, being remote from the vital organs, should be especially guarded from cold by abundant clothing..." (CH 92.3)

"Many say they have no objections to the length of the dress, but they could never put on the pants." {HR, May 1, 1872 par. 3}

"The limbs thoroughly dressed with warm pants shock their modesty. Such opposition to the pants, which are positively modest, and which protect the limbs from exposure and chilliness, should be supported by sensible reason..." May 1, 1872 par. 4}

"True dress reform regulates every article of dress worn upon the person..." {HR, January 1, 1877 par. 7}

## **THE PHYSIOLOGY OF DRESS REFORM:**

<http://www.thefinalgeneration.org/index.cfm/media/sermon/Dress%20Reform> (audio)

<http://remnantraiment.com/pdf/The%20Physiology%20of%20Dress%20Reform.pdf> (pdf)

## GO TO PROVERBS 31:21

"She is not afraid of the snow for her household: for all her household are clothed with scarlet.

\*\*\*IN many Bible Margins, SCARLET = DOUBLE GARMENTS

1: "...It is impossible to have health when the extremities are habitually cold; for if there is too little blood in them there will be too much in other portions of the body. PERFECT HEALTH REQUIRES A PERFECT CIRCULATION; but this cannot be had while three or four times as much clothing is worn upon the body...as upon the feet and limbs." {CH 92.3}

"Fashion clothes woman's chest ..." {HR, August 1, 1868 par. 15}

### ARTERIES:

- Arteries are the vessels that take blood from the heart and carry it to all parts of your body.
- They tend to be high pressure vessels.
- They tend to run deep in the tissue.
- During external bleeding, the blood in here is bright red.

### VEINS:

- These are vessels that return the blood to the heart so it can be oxygenated by the lungs.
- They are low pressure vessels.
- They tend to run on the surface of the body...these are the vessels that you tend to see bulge on the body.
- During external bleeding, the blood in here is dark red.

\*\*\*BASICALLY, WE HAVE ONE ARTERY FOR EVERY TWO VEINS...One going out for every two coming back\*\*\*

2: "The limbs and feet have large veins, to receive a large amount of blood, that warmth, nutrition, elasticity, and strength, may be imparted to them. But when the blood is chilled from these extremities, their blood-vessels contract, which makes the circulation of the necessary amount of blood in them still more difficult..." {HR, August 1, 1868 par. 16}

3: "Our Creator has formed the limbs with large veins and vessels to contain a large proportion of blood, that the limbs may be sufficiently nourished and proportionately warm with other portions of the body. But FASHION ROBS THE LIMBS OF COVERINGS, and the life current is chilled from its natural channel and thrown back upon its internal organs..." {HR, January 1, 1877 par. 7}

### READ FROM THE FOLLOWING LINK:

History of Women's Dress in Pictures...Notice how their LIMBS (arms & legs) were completely clothed.

<http://remnantraiment.com/subpages/history.htm>

### 4: HOW DO WE CLOTHE OUR BODIES TO MAINTAIN THIS PROPER CIRCULATION?

"Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and region over the heart, where is the greatest amount of heat..." (2T 531.2)

5: "The limbs, which should have even more covering than any other portion of the body, because farthest from the center of circulation, are often not suitably protected; while over the vital organs, where there is naturally more warmth than in other portions of the body, there is an undue proportion of covering..."

(CTBH 89.1)

**6: HOW DO WE EQUALIZE THE CIRCULATION?**

“In order to equalize the circulation of the blood, the clothing should be equally distributed upon the person, that equal warmth may be preserved in all parts of the body.” (HR, January 1, 1877 par. 7)

**7: WE MUST COVER SUMMER OR WINTER...ALL SEASONS:**

“...Bare arms and legs and with low-necked dresses...” {HR, January 1, 1872 par. 2}

“...We think this mode of dressing must be reckoned as one of the most prominent causes of summer complaints, so called. In colder weather, congestion and inflammation of the lungs, congestion and inflammation of the brain, convulsions, etc., will result. At all seasons, congestion, more or less is caused...”  
{HR, January 1, 1872 par. 3}

**8: “The suffering caused among women by unhealthful dress cannot be estimated. Many have become life-long invalids through their compliance with the demands of fashion...”** (CTBH 87.2)

- Breast Cancer
- Cervical Cancer
- Cysts in the Breasts
- Endometriosis
- Fibroids
- Painful cycles
- PMS
- Tumors in the Breasts
- And much more

**9: “The extremities are chilled, and the heart has thrown upon it double labor, to force the blood into these chilled extremities;** and when the blood has performed its circuit through the body, and returned to the heart, it is not the same vigorous, warm current which left it. It has been chilled in its passage through the limbs. **The heart, weakened by too great labor and poor circulation of poor blood,** is then compelled to still greater exertion, to throw the blood to the extremities which are never as healthfully warm as other parts of the body. **the heart fails in its efforts...”** (HL 124.4)

**HEALTH PROBLEMS RELATED TO NOT COVERING THE ARMS & LEGS:**

- Fullness in Chest
- Headaches
- Heart Failure
- Irritation And Restlessness
- Nosebleeds
- Palpitations of the Heart
- Shortness of Breath

**10: OUR CHILDREN:**

“If the dress of the child combines warmth, protection, and comfort, one of the chief causes of irritation and restlessness will be removed. The little one will have better health, and the mother will not find the care of the child so heavy a tax upon her strength and time.” (CG 425.4)

**\*\*\*Do you have a child with ADD or ADHD or hyperactivity? If yes, it could be because they are not properly clad. Are they nervous or irritated? Dress them properly at all times to prevent this.**

**“The limbs of our children should be thoroughly and sensibly clad...”** {HR, January 1, 1877 par. 8}

**“Parents who dress their children with the extremities naked, or nearly so, are sacrificing the health and lives of their children to fashion...”** (CG 426.2/2T 531.2)

**“...Children are killed by the manner in which they are dressed...left with bare arms and legs and with low-necked dresses...”** {HR, January 1, 1872 par. 2}

**“It is a sin in the sight of heaven for parents to dress their children as they do...”** (2SM 471.3)

#### **OTHER RELATED PROBLEMS ARE:**

- Cancer
- Catarrh
- Congestion
- Congestion of the Head/brain
- Congestion of the lungs
- Constant Cold
- Constipation
- Croup
- Diarrhea
- Displacements
- Double labor on the heart
- Edema (dropsy)
- Increased cholesterol levels
- Indigestion
- Influenza
- Life-long invalids
- Miscarriages
- Nerves and veins become contracted, causing bad circulation
- Paleness, weakness, dwarfed limbs, small muscles
- Post Nasal Drip
- Premature death
- Swellings in the Neck (swollen glands, mumps) and Face
- Thyroid problems
- Weakened heart

#### **DOES RESEARCH SUPPORT THESE FINDINGS?**

Animals or humans given cold treatment by placing them in cold water or a refrigerated room to check out the physiological affect of cold:

**To learn how each body part was affected, read the article by Dr. Phil Collins at the following links:**

<http://fr.slideshare.net/Afryea/the-physiology-of-dress-reform>

<http://remnantraiment.com/pdf/The%20Physiology%20of%20Dress%20Reform.pdf>

- Adrenal Glands
- Allergies
- Arthritis
- Blood Cells

- Blood Forming Organs
- Blood Pressure
- Brain & Nervous System
- Endocrine Glands
- Heart
- Kidneys
- Leaky Gut Syndrome
- Liver
- Sodium & Chloride
- Spleen
- Stomach
- Thyroid

11: **"SATAN invented the fashions which leave the limbs** (arms and legs) **exposed..."** {2T 531.3}

12: **"It is Satan's design so to pervert every function of our being** that life may be made miserable, and God may be dishonored in the creatures he has made." (CTBH 88.1)

**\*\*\*Satan plans, premeditates ways that we can be made miserable. How many are miserable because they are not dressing properly? It is a solemn statement; one that should take us to our knees, possibly before our wardrobe and make some decisions...."** (Acts 9:6)

**"...In the preparation of their clothing...can they seek the Lord's blessing...?"** {RH, December 6, 1881 par. 8}

**"It is manifest that** most women do not think and act in reference to dress from reason and reflection. They accept, without questioning, that which society and fashion imposes upon them...." {HR, May 1, 1872 par. 2} (Acts 9:6)

**"I would ask...of today who profess to believe present truth....when they really desire an article of dress, or some ornament of convenience, do they lay the matter before the Lord in prayer to know if His Spirit would sanction this..."** {RH, December 6, 1881 par. 8} (Acts 9:6) **\*\*\*In all thy ways** (even when you purchase clothing) **acknowledge Him, and He shall direct thy paths."** (Proverbs 3:6)

#### **FEET & ANKLES TO BE COVERED FOR HEALTH & MODESTY:**

**"Another evil which custom fosters is the unequal distribution of clothing...the feet and limbs, being remote from the vital organs, should be especially from cold by abundant clothing..."** (CH 92.3)

#### **WHAT ABOUT MODESTY?**

**1 Timothy 2:9 – "In like manner also, that** women adorn themselves in modest apparel..."

**"Some say we do not think it is modest to expose the feet and the limbs as they must be exposed in wearing the short dress. This is the very thing we seek to guard against in adopting the reform dress. It is true that this style of dress exposes the feet. And why should woman be ashamed of her well-clad feet any more than men are of theirs? It is of no use for her to try to conceal the fact that she has feet. This was a settled fact long before the use of trailing skirts."** {HR, May 1, 1872 par. 17}

**We cannot, if we would, conceal the fact that women have feet and limbs that were made for use. But in regard to the exposure, this is on the other side of the question.** We have traveled extensively the past



twenty-five years, and have been eye-witnesses to many indecent exposures of the limbs.

But the most common exposure is seen upon the streets in light snow, or wet and mud. Both hands are required to elevate the dress, that it may clear the wet and filth. It is a common thing to see the dress raised one-half of a yard, exposing an almost unclad ankle to the sight of gentlemen, but no one seems to blush at this immodest exposure. No one's sensitive modesty seems shocked for the reason that this is customary. It is fashion, and for this reason it is endured. No outcry of immodesty is heard, although it is so in the fullest sense.." {HR, May 1, 1872 par. 18}

But does the popular style of woman's dress always hide her feet from the public gaze? See that lady passing over the muddy street, holding her skirts nearly twice as far from the ground as ours, exposing, not only her feet, but her nearly-naked limbs. Similar exposures are frequent as she ascends and descends the stairs, as she is helped into, and out of carriages. These exposures are disagreeable, if not shameful; and a style of dress which makes their frequent occurrence almost certain, we must regard as a poor safeguard of modesty and virtue.

#### **WOMEN ARE NOT TO BE TEMPTERS:**

"Women are too often tempters...If women would only elevate their lives...there would be less danger through their influence..." (5T 596.2)

\*\*\*Many men have foot fetishes...women can be tempters when they expose their feet to men.

#### **WHAT ABOUT SHOES?**

"Warm boots with thick soles should cover the feet..." (HR, January 1, 1877 par. 8)

"If the feet are clothed with good-sized, thick-soled, warm boots or shoes, FOR COMFORT RATHER THAN FASHION, the blood will be induced to circulate freely in the limbs and feet, as well as other portions of the body..." (HL 124.1)

<http://ashbergortho.com/pediatric-orthopedic/foot/If-the-Shoe-Fits-Wear-It.aspx>

#### **HIGH HEELS:**

"Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright... Show what a correct position is, and insist that it shall be maintained." {CG 364.3}

"PROPER POSTURE to insure healthy action of the lungs and heart..." {HL 150.1}

"The small high heels cramp the movement, injure the carriage of the person, and often deform the feet..." (HR, May 1, 1872 par. 7)

(High heels cause posture problems of all kind. Back pain and improper alignment of the spine are some of the many problems. Also keep in mind that the shoes worn in Sister White's day were mainly **gaiter boots** and the heel was no more than one inch high, these were **square heels**, not spiked. ALSO, many of the fashionable high heels of today come from **FRANCE** (the beast from the Bottomless Pit), that stem from the times of the French Revolution.)

#### **DR. PHIL COLLINS ON DRESS REFORM**

- <http://remnantraiment.com/pdf/The%20Physiology%20of%20Dress%20Reform.pdf>

#### **VIDEOS ON DRESS REFORM:**

- <https://www.youtube.com/watch?v=4KNUaJBo4nM>
- <http://www.remnantraiment.com/subpages/Bodytemp.htm>



**ADDITIONAL READING:**

- **1T** 456-465; 521-525
- **3T** 258.4-260.1
- **4T** 624-628
- **DG** 153-157
- **MH** 287-294
- **TDG** 278.2-.3

**\*\*\*Questions on next page\*\*\***

## **NEWSTART + 6 The Forgotten Law of Health (DRESS)**

### **Dress & Physiology (Part 1)**

#### **(Questions)**

1. In eating, drinking, and Dressing, the laws of health should be diligently \_\_\_\_\_.
2. Women are the victims of \_\_\_\_\_ maladies.
3. These might be lessened by right habits of \_\_\_\_\_.
4. \_\_\_\_\_ their sufferings may be attributed to their manner of dress.
5. Does the curse ever come without a cause? YES or NO
6. The fashionable \_\_\_\_\_ of woman's dress is one of the greatest causes of all these terrible diseases.
7. Are we to educate people regarding dress? YES or NO
8. Should all have an intelligent knowledge of how to keep their bodies in a healthy condition? YES or NO
9. What is one of the most important branches of education? \_\_\_\_\_
10. Nothing that pertains to \_\_\_\_\_ perfection should be looked upon as of little importance.
11. Teach the people how to \_\_\_\_\_ disease.
12. An \_\_\_\_\_ of prevention is worth a \_\_\_\_\_ of cure.
13. Should the dress be healthful in every respect? YES or NO
14. One is one of the greatest causes of all the terrible diseases that women are faced with? \_\_\_\_\_
15. More \_\_\_\_\_ as the result of fashion than from all other causes.
16. To secure a good circulation, all parts of the \_\_\_\_\_ must be suitably clad.
17. What does clad mean? \_\_\_\_\_
18. Can health be enjoyed when there is not an equal circulation of the blood? YES or NO
19. Therefore, we advocate that the limbs of women should not be \_\_\_\_\_.
20. The limbs should be \_\_\_\_\_, neatly, and \_\_\_\_\_ clad.
21. What are limbs? \_\_\_\_\_
22. There is but one in a \_\_\_\_\_ who clothes her limbs as she should.
23. The limbs were not formed by our creator to endure \_\_\_\_\_.
24. Which part of the body was formed for that? The f \_\_\_\_\_
25. Is it an evil thing to have our clothing unequally distributed on our body? YES or NO
26. What is one of the definitions of hating evil? \_\_\_\_\_ (See Proverbs 8:13)
27. The \_\_\_\_\_ and limbs should be especially guarded from cold by \_\_\_\_\_ clothing.
28. What is one of the objections many women have with dress reform? \_\_\_\_\_
29. The limbs are to be thoroughly \_\_\_\_\_.
30. Warm pants underneath the dresses, shock their \_\_\_\_\_.
31. Are the pants underneath positive and modest? YES or NO
32. They are to protect the limbs from \_\_\_\_\_ and chilliness.
33. True dress reform regulates what? \_\_\_\_\_
34. It is impossible to have \_\_\_\_\_ when the extremities are habitually \_\_\_\_\_.
35. Perfect health requires a perfect \_\_\_\_\_.
36. This cannot be had while there are \_\_\_\_\_ times as much clothing worn upon the body as upon the feet and limbs.
37. Fashion clothes woman's \_\_\_\_\_.
38. What are arteries? \_\_\_\_\_  
They tend to be high \_\_\_\_\_ vessels.  
They tend to run \_\_\_\_\_ in the tissue.  
During external bleeding, the blood is \_\_\_\_\_ red.

39. What are veins? \_\_\_\_\_  
They are \_\_\_\_\_ pressure vessels  
They tend to run on the \_\_\_\_\_ of the body. These are the vessels that you see \_\_\_\_\_ on the body.  
During external bleeding, the blood here is dark \_\_\_\_\_.
40. The limbs and feet have large \_\_\_\_\_ and vessels to contain a large proportion of \_\_\_\_\_, that the limbs may be \_\_\_\_\_ nourished and proportionately \_\_\_\_\_ with other portions of the body.
41. Fashion robs the limbs of \_\_\_\_\_.
42. The life current is \_\_\_\_\_ from its natural channel and thrown back upon its \_\_\_\_\_ organs.
43. Special attention should be given to the \_\_\_\_\_.
44. They are to be as thoroughly clothed as the \_\_\_\_\_ region over the heart, where is the greatest amount of \_\_\_\_\_
45. The limbs should have even \_\_\_\_\_ covering than any other part of the body.
46. Why is this? \_\_\_\_\_
47. How do we equalize the circulation of the blood in the body? \_\_\_\_\_
48. What does having bare arms and legs do? \_\_\_\_\_
49. Should we cover our arms and legs at all seasons? YES or NO
50. List 8 health problems women have from not dressing properly.
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
  8. \_\_\_\_\_
51. What happens to the heart when the extremities are chilled? \_\_\_\_\_
52. Does this weaken the heart? YES or NO
53. Does this cause the heart to fail? YES or NO
54. List 7 other health problems from not dressing the arms and legs properly.
1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
  5. \_\_\_\_\_
  6. \_\_\_\_\_
  7. \_\_\_\_\_
55. What are two problems among children when they are not dressed properly?
1. \_\_\_\_\_
  2. \_\_\_\_\_
56. The limbs of our \_\_\_\_\_ should be thoroughly and sensibly clad.
57. Parents who dress their children with the extremities naked, or nearly so, are sacrificing the \_\_\_\_\_ and lives of their children to \_\_\_\_\_.
58. Children are \_\_\_\_\_ by the manner in which they are dressed.
59. Is it a sin in the sight of heaven for parents to dress their children with bare arms, legs, and low-necked clothing? YES or NO
60. Please list 31 other health problems related to improper dressing of the body.
1. \_\_\_\_\_

2. \_\_\_\_\_
3. \_\_\_\_\_
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29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_

61. Please list the 11 parts of the human body that are effected from improper dressing.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

62. Does improper dressing mess with the blood pressure? YES or NO

63. Does it mess with the electrolytes of the body? YES or NO (sodium & chloride are examples of electrolytes)

64. Does it mess with the blood? YES or NO

65. Can it cause allergies? YES or NO

66. Can it cause arthritis? YES or NO

67. Can it cause "leaky gut syndrome"? YES or NO

68. Who invented the fashions which leaven the limbs exposed? \_\_\_\_\_

69. It is Satan's design to pervert every function of our \_\_\_\_\_, that life made be made \_\_\_\_\_.
70. Are the feet and ankles to be covered? YES or NO
71. Is it immodest to expose the ankle and feet to the opposite sex? YES or NO
72. Why is the exposure of the feet and ankles endured? Because it is \_\_\_\_\_.
73. These exposures are \_\_\_\_\_ and shameful.
74. We should we regard the exposure of feet and ankles a poor safeguard of \_\_\_\_\_ and virtue.
75. Are women to be tempters? YES or NO
76. Do some men have a fettish with the feet of women? YES or NO
77. Should high heels be worn? YES or NO
78. Please explain your answer: \_\_\_\_\_
79. High heels \_\_\_\_\_ the movement, injure the \_\_\_\_\_ of the person, and often deform the \_\_\_\_\_.
80. Why do we need proper posture? \_\_\_\_\_