

The Physiology of Dress Reform

A Lecture by Dr. Collins

This is a transcript of a lecture on a topic that is very rarely ever discussed and not well understood even among people who claim to be 'Dress Reformers'. It is a matter that needs to be better understood and a matter in which God Himself has supplied the basics for us to understand it—but mostly these have not been carefully studied and people have read a little and jumped to many erroneous conclusions and ignorance has largely prevailed. It is our hope that this concise information will help many to respond in a more effective way to the questions raised by Dress Reform.

Many people hear or read about Dress Reform, and many people reject Dress Reform, but most do not understand the laws of the body that are actually sound. With proper understanding of how the body functions, can cause people to re-evaluate their position on this topic.

To begin with, turn with me to Proverbs 31; which many will recognize as the 'Virtuous Woman' chapter. Notice verse 21 "She is not afraid of the snow for her household: for all her household are clothed with scarlet."

Look in your margin, if you have one, and see what that word, 'scarlet' is noted to mean. It says scarlet: or, 'double garments'. So we see one of the attributes of this virtuous woman is properly clothing her family.

Selling land and all the other things in here, I know it would be quite an adjustment for me if my wife was in charge of buying and selling property; but it says this 'virtuous woman' is not afraid of the outside, or the environment, because she is well prepared. I found that text quite interesting and it is a good orientation to what we are going to discuss here.

Now the process of physiology is really looking at it how Dress Reform effects the physical functioning of our bodies. We are not here looking at modesty—although that is critical; we are not going to talk about colors, although that is important; we are not going to discuss the patterns and shades and lengths of dress here—we are going to stick with physiology, because there are so many different opinions about the parts I just described that I am not here to address those. The physiology behind this is so sound that I think it is going to startle you.

You know what I do with my patients, who are not even Seventh-day Adventists? I tell them how to get dressed so they don't have to come back and see me so often—and that is shocking. And guess what—they do not take it as an embarrassment, or an affront upon them personally;

they are grateful—because I have not bound it up with religious traditions and they see it as a law of their being and are willing to follow it. I hope that we can make that step here.

*“It is **impossible** to have health when the extremities [hands, arms, feet and legs] are habitually cold; for if there is too little blood in them there will be too much in other portions of the body. [shunting of the blood from one area of the body to another] Perfect health[We try to find perfect health in studies, optimal diet and many things but here it says perfect health requires perfect circulation] requires a perfect circulation; but this cannot be had while three or four times as much clothing is worn upon the body, where the vital organs are situated, as upon the feet and limbs. {CH 92.3}*

I hope some of you folks want perfect health because we are going to look at perfect circulation because that is how we obtain it. What I want to understand from this is that our basic, underlying goal is to learn how to improve circulation. How do we get that life current, how do we get blood to those parts of the body to nourish them; to keep them functional; to keep them not stiff—like with arthritis; to keep them from causing us to have to go around being on heart medications because we are not dressed properly. It makes a big difference.

Perfect circulation equals perfect health—so our goal is maintaining our proper blood flow. I’d like to take a look at a short description of our anatomy. Many may be familiar with this but some insight may be helpful to you.

Arteries: Arteries are the vessels that take blood from the heart. They carry the warmest blood to all parts of your body including the extremities. They tend to be high-pressure vessels—they have to contain more pressure and are actually built different. They have a muscle in the wall that can open and close to allow blood flow. They can also cause a shunting effect—meaning that one vessel can shut off and let the other place get the blood for a while and they can go back and forth and alternate. They also tend to run deep in the tissue. If you have ever had an arterial blood sample drawn they take it from a deeper vessel than a usual blood sample. If you cut yourself seriously, and you see the blood squirting out under pressure, you know you have cut an artery and not a vein there.

Veins: These are the vessels that return the blood to the heart; they are low pressure and they tend to run surface. When you look at your arm and put a tourniquet on your arm or a blood pressure cuff, you see these vessels start to bulge. Those are veins and they run on the surface. They tend to surround tissue like the arm, and they tend to maintain a heat barrier so the arteries don’t constrict interior-wise.

Basically we have one artery for every two veins—one going out for every two coming back. This is a low-pressure system which isn’t moving as much volume. In the extremities when you find large vessels, you should expect increased function, meaning a muscle can lift weights because of the blood supply through it, or you should expect increased warmth is needed in the

extremity it flows through. Why do we lose our elasticity? Why do we get more stiff as we get older? Why do those joints act up on us?

“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. A good circulation preserves the blood pure, and secures health. A bad circulation leaves the blood to become impure, and induces congestion of the brain and lungs, and causes diseases of the head, the heart, the liver, and the lungs.” HR, August 1, 1868

That is my field—diseases of the heart, liver and lungs—amazing! So amazing that people have difficulty understanding it. When we have cold extremities, that means the body has been defeated. When your extremity is cold it means the body isn’t capable of keeping it warm any more. It is not just a matter of being cold—it means the body has done everything it can to keep you warm—and it has been beaten.

You might say, “I can touch my arm and it feels nice and warm.” I am thankful because your body is still ahead of the battle—by the time it gets cold—you have lost the battle. A lot of people do not realize that.

Let’s take a look at how God works and what our part is. Back to our anatomy lesson: The vessels of our arms and legs are arranged for our protection. God designed that we run our arteries in places that are protected. Your major arteries don’t run close to your elbow—they run on the inside of your arm. Notice your arteries don’t run over your knee-cap—they run on the back of your leg. Why did God do this?

He knew that we were going to bump ourselves up a fair amount. God has handled the anatomy properly—He takes care of the vessels.

“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

If you would go back and look at the styles of that day you would find people dressed significantly different than we are today. But what about this? God has done His part, the question is are you willing to do your part? God has made the vessels large; He has protected them from trauma, so what is our part in this situation? How do we maintain proper circulation?

Do you know what our part is? Clothing: that’s how we do our part. God can’t do any more for you than what He has done with your anatomy. Now it is up to us to deal with it. So when we try

and control the temperature of the body—we have the vessels there—they are large enough to do that, so it is up to us now. Proper temperature control is through proper clothing.

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 the region over the heart, where is the greatest amount of heat. Parents who dress their children with the extremities naked, or nearly so, are sacrificing the health and lives of their children to fashion. If these parts are not so warm as the body, the circulation is not equalized. When the extremities, which are remote from the vital organs, are not properly clad, the blood is driven to the head, causing headache or nosebleed; or there is a sense of fullness about the chest, producing cough or palpitation of the heart, on account of too much blood in that locality; or the stomach has too much blood, causing indigestion.” CG 426.

The extremities are the low temperature areas, the trunk tends to be the high temperature area. So how do we equalize the circulation between the two?

This next quote is from “Christian Temperance and Bible Hygiene”. Some may not be familiar with this book; this is a combined book, the first portion written by Ellen White, the second portion written by James White; it is not a compilation; it’s a book they have written. This comes from the first portion.

“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. The heavy draperies often worn upon the back, induce heat and congestion in the sensitive organs which lie beneath. This fashionable attire is one of the greatest causes of disease among women. Perfect health depends upon perfect circulation.” CTBH 89.

But how do we deal with it, how do we equalize the circulation?

“True dress reform regulates every article of dress worn upon the person. [Men, Notice: not just upon the ladies—but upon every person!] 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.

What does an equal portion mean? If I give you an equal portion, you expect to have the same as I have. But what does your arm think of your leg? and what does your arm think of your chest? That’s the question we need to deal with here. And so we need to get equalized distribution throughout the body, to have equalized circulation. Proper temperature regulation is accomplished by clothing the extremities.

We feel hot because our core temperature rises. The 'core temperature' is the temperature of the internal organs—the central part of the body. The core temperature is hot because the core temperature rises when we have poor circulation to the extremities. If you want to cool off—put some clothes on. Doesn't that sound just about as anti as you can possibly get? That is what physiology is saying to you.

If you and I were trying to defy the law of gravity like right now we are defying the laws of health, we would all be dead because we'd be up trying to jump off this building and expect to float. And yet we will not study the laws of the body and put in place what we find. This is what the laws of the body say—to have equal circulation we have to have equal covering otherwise it is going to be chilled in its process of getting the blood flow through.

So on a hot day, how would you so adapt your clothing to equalize your temperature and maintain yourself as cool as possible? I would like to recommend to you the Arabs. How do the Arabs keep themselves as cool as possible on a 130° desert? They don't wear bikinis—do they? What do they wear? A light garment, light in color, and they wear full covering, sometimes even over their head.

The point I am trying to get at is that the places in the world that are warm, put clothes on for the sake of protection and for the sake of equalized circulation. And if it is really warm, they can perspire into those garments and they won't become so dehydrated. Let's continue to reason here from cause to effect. Reasoning from cause to effect we would do the opposite that most people do.

We find that most people clothe the trunk—the abdomen and chest and leave the extremities naked when they want to cool off. However, if you would follow the laws of the body, you would clothe the extremities and leave the trunk naked—now that's obviously not proper—so we are not going to do that. But think of the logic here—the concept is—we want to get heat to equalize throughout the body. To equalize circulation, we have to dress the extremities as you dress the trunk. This is critical. And after we talk about the results of not doing this you'll see it more significantly.

Of course this is not modest or proper so the next best is light clothing on the trunk as well as on the extremities. To equalize circulation in the extremities we must cover, summer or winter. As the outside temperature changes, colder or hotter, you need to adjust the type and quantity of the clothing worn.

More clothing in the winter, obviously—a different type of clothing so you have more insulation so your blood doesn't lose its temperature so rapidly, thus throwing an extra load on the heart. When your feet get cold in the winter time it is because the blood can't get down there and warm that tissue and get back to the heart in its travel without carrying enough heat with it. Like I said, by the time the extremity gets cold—the body has lost the battle.

Those who are acquainted with hydrotherapy can see that dress reform and hydrotherapy work on the same basic concepts because you are dealing with the physiology of the body. When you want to warm a limb in hydrotherapy, or you want to heal a wound on the leg or a gangrenous toe—what do you do? You use hot and cold water—3 minutes hot; 30 seconds cold. Why do you do that?

The hot brings blood to the area—engorges the tissue—but then it is stagnant, it won't go anywhere. It is trying to dissipate the heat and it hasn't done its job so the vessels open up and kind of lay there lethargic. So you use water about 50° and the vessels constrict rapidly, they try to compensate for the cold, and the stale blood with toxins in it, is carried out. By going back and forth we have a pumping action with the hot and cold treatment.

The same concept is in the clothing; if we want to maintain the limb at proper temperature, and we want to pull heat away from the internal organs, we warm the limbs and that will pull heat out to the limbs.

What do you do when you have a headache? You put the feet in hot water and on your head you place a cold cloth. This pulls the congestion of blood away from the brain. Same thing we can do with our clothing.

Let's take a look at our shoes: how about the shoes? I am going to read you some data from that American Orthopedic Foot and Ankle Society. The title is: If the Shoe Fits. "For women—that is a big if. Not surprising, women wearing too small shoes are the most prone to painful deformities such as bunions, hammer toes, which are remarkably common among women. One orthopedic surgeon recently reported that of 800 patients, who underwent surgery for bunions, 94% were women; 6% men. Surgeries for hammertoes; out of 850 surgeries, 80% were women." It goes on to say that "studies on barefoot populations have shown no female predisposition to these problems."

It is not female vs. male here; what it really is, is footwear. We have different shapes of shoes, some are shaped with a pointed center, and some are more rounded. Now what kind of a foot would fit in a pointer shoe? Let's design one—we would need the big toe in the center and two smaller toes on either side of the big toe. Now it does not take too much brainpower to realize that God did not design your foot that way. But that is what is needed to wear a pointed toed shoe.

That causes the foot to be more cramped because it is pushed down a funnel; it causes it to have less blood circulation and you would have to have it properly padded to maintain the temperature of it. Now a properly made rounded toed shoe is much more likely to fit the anatomy that you have.

The problem is we are not reasoning from cause to effect. We are buying shoes because we like how they look and not because they are good for us. If my wife puts up with fashion for my sake—I would feel that I would be the one having the problem. I have women come to me and

they say that they would dress properly if my husband would agree to it. Husbands need to get out of the way. We blame the vanity on the ladies, but I am not sure where the biggest vanity area is. You should not be ashamed to walk next to your wife who is dressed properly—if you are you better search your own heart.

When I was going out with my future wife in college, I had a friend come to me and say, “Why would you ever go out with someone that dress like she does?” In my mind I thought that this was a big reason why I was going out with her. So men—you need to get it out of your way. You need to spend some time on your knees so you are not worried about cosmetic appearance or the popular fashions. Young people, if you are looking for a mate—make sure they like you the way you are and not trying to change you according to popular ideas.

Our feet: talk about disease, talk about hammer toes, talk about pain, look at your shoes! Do they fit your anatomy? The article says most people wear shoes too small. “It is hard to fit shoes to women’s feet, the ball, the front part of the foot in most women’s feet is wider and the heel narrower than the standard shoe. The average woman’s foot is 3.66 inches wide at the broadest point according to the AOFA Society surveys and widths of foot ranges from 3-4 ½ inches depending on the person. But women’s shoes are typically only 3 inches wide—that is narrower than the narrowest foot.” The point is your shoes must fit your anatomy, just like your clothing does. So when you go to the store—look at your foot and look at the shoe and see if they match up.

Another thing to consider in shoes is what do heels do to your anatomy? As your heels are higher, it increases the lower back curvature, my buttocks stick out more, and my chest protrudes. Now you know what the style is for – don’t you? The styles of raising the heel, is to accentuate those parts of the body that do not need to be accentuated.

When you try to walk on heels: Men if you ever tried to walk on high heels, you would understand what talent it takes! And don’t get caught crossing the pasture if a bull is chasing you! They are totally impractical. At times in fashion they have had what they call spikes. Those things put holes in the asphalt sidewalks. When I was in academy and you walk to the girl’s dorm, you could see the imprints. You are talking about putting your whole weight on about a square 16th of an inch. They estimated at that time that you would be better off having an elephant step on your toe than one of those, because of the weight per area.

“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.

How many have heard of PMS? Endometriosis? How about cancers? How about abnormal cycling? Dress plays a role in proper circulation. If you congest the abdominal and the pelvic organs, then you are also going to have problems with cycling. Why do Adventist females have

so much cancer? It is not just diet—we have to accept all that God has given us light on and not use ‘multiple choice’ in our areas of reform.

Speaking of children:

“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. HL 199.

We see this in many statements said in different ways.

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, 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, p. 72. HL 124.

Many people can not afford double labor for their hearts. I don’t know how many of you can—I would recommend you not waste you energy that way, by making your heart work twice as hard. People with heart disease can’t afford any more work for their hearts; in fact they are medicated to actually decrease labor for the heart.

The blood is actually supposed to be able to make its full circuit and come back to the heart warm and when it doesn’t it overworks the heart.

“When the limbs and arms are chilled, the blood is driven from these parts to the lungs and head. The circulation is unbalanced, and nature’s fine machinery does not move harmoniously. HR, January 1, 1872 par. 12

Your body is required to keep a certain temperature; your hormones and enzymes that function at the cellular level require a certain temperature to function. We are going to take a look at what research has shown in physiology. The ‘fine machinery’ that is disturbed is things like joint capsules—the synovial fluid in your joints is affected making you stiff; muscles that don’t contract properly; injuries that result from chilled limbs.

Spirit of Prophecy writings list twenty-four things that result from cold, cool or chilled extremities:

Shortness of breath: What do you think about a patient that walks in my office, “Doc, I am short of breath, I can’t breathe right.” I tell him to get dressed. It raises quite a few eyebrows, but if they would dress properly, they won’t put as much load on the lungs and the lungs will get good oxygen because they have blood running through them and not congested there.

Headaches; nosebleeds; fullness in chest; palpitations of the heart: how many people go to the doctor because their heart feels like it is skipping or pounding out of the chest, and get a beta blocker to try to slow down the heart but what they really need to do is get dressed.

Irritation and restlessness: if you have a child like that—please examine to see they are properly clothed.

“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.

Indigestion: Zantac, Tagamet and medications to decrease acid in the stomach.

Nerves and veins become contracted:

Bad circulation causes disease:

Double labor on the heart; weakened heart:

Congestion lungs:

Congestion Brain:

Constant cold:

Paleness, weakness, dwarfed limbs and small muscles: One man once asked why his daughter was so sickly and his sons weren’t. He was advised to dress his daughter with the same consideration as his sons and she would not be sickly.

Catarrh, congestion, post nasal drip:

Influenza, croup:

Scrofulous swellings in the neck and face:

Displacements; cancers; life-long invalids; miscarriages; premature death:

It is quite a list

Does research confirm these findings?

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

Stomach: The stomach was found to have acute erosions leading to ulcers in cold-stressed animals.

Kidneys: Cold was found to cause nephro-sclerosis. The nephrons become hardened so they cannot filter properly or return what they should to the system.

Liver: Fatty infiltration of the liver is a regular result of cold stress and is similar to alcohol damage.

Brain and nervous system: cold causes congestion and edema of the brain. Edema of the brain is like having a concussion—the area starts to swell and you see a loss of function and definitely headache. If sufficiently severe and prolonged, hemorrhages and bleeding result.

Spleen: Cold exposure in rats caused a marked decrease in the size of the spleen as well as in all the lymph nodes and lymph organs. That is your immune system—immunity to diseases.

Heart: exposure to cold caused vessels to constrict placing an increased load on the heart as well as palpitations, or arrhythmias.

Endocrine glands: Adrenal glands, cold causes discharge of adrenaline. This is a principle we need to notice—when a person is cold it can actually be stimulating to them. They can actually feel more awake and stimulated when the cold hits that limb. But that is not following proper physiology. The confusing thing to many people is they say that it doesn't bother them—they can handle it. They don't realize that an alarm reaction is going off in the body and they are producing more adrenalin and like the feeling. In reality they need to get properly dressed so they don't over-stimulate and actually cause a decrease in adrenal gland function.

Prolonged cold causes cholesterol content of the adrenal gland to be elevated. Sudden cold depletes adrenal steroids; Vitamin C is lost from the adrenal gland. The effect of cold is equal or more severe than pain, starvation or other obvious stresses to the body. The end result is adrenal depletion and enlargement. Some people end up that they feel so tired all the time, they have adrenal gland fatigue or depletion.

Thyroid: Prolonged cold taxes the thyroid gland possibly raises the Basic Metabolic Rate—you can increase your energy burning potential trying to keep you warm. In the pituitary gland, the master gland of the body, can be reduced in size. Testes and seminal vesicles are reduced to about half by cold exposure.

Research is demonstrating this either in humans or research animals. Vitamin C is reduced in tissues with exposure to cold; cholesterol levels are increased by cold; Blood sugar goes up more rapidly after exposure to cold. If the adrenal gland is not functioning well there will be hypoglycemia followed later by hyperglycemia.

Cold causes the stomach to absorb substances not ordinarily absorbed to be readily absorbed—the mechanism is thought to be gastric erosions. In other words you are getting foreign particles into the bloodstream that shouldn't go there because the 'doorways' are damaged.

Blood Pressure: the cold pressure test is putting on limb in cold water and observing the rise in Blood pressure, up to 100 mg has been noted. Why are we taking blood pressure medication when we may not need to at all?

Sodium and chloride: in man there is a loss of chloride in the urine and changes in metabolism of both sodium and chloride. Those two things are critical to keep in balance for everything from your heart rate to how your cells work and how tired you are.

Blood forming organs: blood clotting; the blood clots faster resulting in a reduction in blood clotting time when a person is chilled. Many people are put on aspirin or Coumadin to prevent clots. In reality what we need to do is follow some basic physiological reasoning.

How about the blood cells? The Neutrophils increase in number in the peripheral blood, possibly because they cannot be mobilized into the tissue because of the loss of stickiness and chemotactic responses, this has to do with can the white blood cell recognize where the bacteria is, go right through the vessel wall and attack the infection, they lose that ability.

The Lymphocytes and antibody formation in your immune system are reduced.

There is an evolution, a swapping of tissue takes place: a loss of thymic lymphatic system and a compensatory perforation of phagocytes in other portions of the reticular endothelial system. A Phagocyte is a large cell—phago meaning eat—that eats and destroys bacteria. The reason we are seeing this in the cold change is that the body goes into a fighting response when there is nothing to fight. We are putting into high gear an immune system when there is not real enemy there except for ourselves. We are our own worst enemy, we need to sit down and figure out if we are willing to follow the laws of health or not.

Allergies: the physiological effect of cold on allergies, cold exposure liberates histamine possibly due to lack of oxygen in the tissue. Histamine triggers many allergic symptoms so you take an antihistamine to knock out the histamine. If you walk out on a cold day and your nose starts running, you are having a cold response.

Leaky gut syndrome: this is where you are dealing with allergens or proteins that can get into the bloodstream that shouldn't get there in that stage. They should have been broken down in pieces first. When they get through in their whole state we have a problem; and so we have an allergic response due to cold exposure.

How about arthritis? Something that plagues many, many older people. How much do you think is spent on pain medications to deal with arthritis? I don't even have an estimate. Cold exposure causes a sudden discharge of fat from the synovial villi. Synovial fluid—that's the grease for your joints in the capsule that surrounds your joints, with edema, you get swelling in these capsules—you look at your knuckles and you wonder why it is swelling up, and petechial hemorrhages—another thing we find are Gout attacks, cold can exacerbate these attacks. We can have gouty attacks or more stiff joints.

I saw a man in my office, he was telling me about his extremities. I asked him if he wore socks to bed. He said, "In the summer time?" I said "yes, in the summer time." Because if his extremities

are not kept warm, not only does it puts more load on his heart, but he is going to affect his arthritis.

“Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course. And parents bow at the shrine of fashion and so clothe their children that the nerves and veins become contracted, and do not answer the purpose that God designed they should. The result is habitually cold feet and hands. Those parents who follow fashion instead of reason will have an account to render to God for thus robbing their children of health. Even life itself is frequently sacrificed to the god of fashion.” CG 427.

It didn't say God invented the fashions. God's responsibility was making us with large enough vessels to keep us warm. Man's responsibility is to understand the laws of our body and cloth ourselves properly.

“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. If women make the customs of the world their criterion, they will become unfitted, both physically and mentally, for the duties of life. Many have done themselves untold injury by compressing the waist. Their power to do good in the family and in society is greatly lessened; and if they are mothers, their children are robbed of vitality. When the waist is compressed, the circulation of the blood is impeded, and the internal organs, cramped and crowded out of place, cannot perform their work properly. It is impossible, under such circumstances, to take a full inspiration. Thus the pernicious habit of breathing only with the upper part of the lungs is formed, and feebleness and disease are often the result.” CTBH 88.

Satan plans, premeditates ways that we can be made miserable. How many are made 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. This statement shows us why so many have so much objection to what we are talking about here.

Sharing a personal experience; I started understanding this a few years ago, and it was in the middle of summertime. What a time to start putting on more levels. I said “this is really something”! I was requested to go and speak at Arizona at a campmeeting there. About two weeks before I decide that I really need to have equal circulation so I put on a long sleeve shirt and I flew to phoenix at a 115°. I was going to test this theory out. It was hot, it is going to be hot at 115° regardless of what you are doing. I went out to the place and it was about 90° with low humidity and even a little wind. I was totally comfortable, no problems at all.

So I have tested this out for myself, and I am thoroughly convinced of what I am telling you; from a physiological standpoint, from a health standpoint. Why have we not heard this lecture

before? Perhaps no other question has ever come up among us that has caused so much 'development of character' as has the dress reform.

"A good circulation purifies the blood, and secures health; while a poor circulation renders the blood impure, and induces congestion of the vital organs." CTBH 91.

If you want to be comfortable in the summer, dress your extremities, it will pull the heat from your trunk; your core temperature will go down and be regulated. I guarantee it. I hope that you are willing to study. I hope that you are willing to follow the laws of health, and God will reward us for it. May we not be found on Satan's side following the fashions he designs to keep us miserable and in poor health.

Some further Spirit of Prophecy quotes:

"Fashionable mothers clothe their little girls as unhealthfully as they do themselves. Their waists are compressed at an early age, and the limbs are left with but slight protection, when the forces of nature need every advantage to enable them to perfect the physical frame. The limbs were not formed to endure exposure, as was the face. Children who are clothed according to fashion cannot be out-doors much, unless the weather is mild. Therefore they are kept in ill-ventilated rooms, for fear of the cold; and well they may be, with their fashionable style of clothing. But if they were comfortably clothed, it would not harm them to exercise freely in the open air summer or winter. Unhealthful dress brings many a child to a state of invalidism, or, which in many cases may be preferable, to an early death. Thus fashion fills the homes of its slaves with invalids, and our cemeteries with little graves.

"Mother, do you want your child to live and wear the bloom of health? Then teach her to dress healthfully. If you love her and desire her good, why do you teach her by your example that it is no sin to mar the human form divine? What reason can you render to the Creator for deforming his handiwork? Turn away from the fashion plates, and study the human organism. We are fearfully and wonderfully made, and we are to present our bodies a living sacrifice to God. How can Christian mothers be worshipers at the shrine of fashion, and yet preserve their loyalty to the God of heaven? It is impossible; "ye cannot serve God and mammon." [LUKE 16:13.] You cannot devote your time and talents to the world, and yet keep your mind and body in a condition to do the work committed to you, of training your children for God, and aiding them in a physical development that shall be a blessing to them to the end of life. {CTBH 91.1}

"Little boys also are dressed so as to leave the lower limbs with far less protection than the upper part of the body. The limbs, being remote from the center of circulation, demand greater protection, instead of less. The veins which convey the blood to the extremities are large, providing for the flow of a sufficient quantity of blood to afford

warmth and nutrition. But when the blood is chilled from these parts, the veins contract, and the circulation is retarded. Not only do the extremities suffer from cold, but through lack of nutrition the limbs do not attain their natural development. A good circulation purifies the blood, and secures health; while a poor circulation renders the blood impure, and induces congestion of the vital organs. {CTBH 91.2}

“Mothers, why not clothe your boys and girls comfortably and properly? Let their dress be simple, loose, and comfortable; clothe their limbs, and especially the ankles, warmly and evenly; then let them go out and exercise in the open air, and live to enjoy health and happiness. It will take moral courage to break away from the chains of fashion, and dress and educate your children with reference to health; but the result will abundantly repay all the self-denial and inconvenience occasioned.” {CTBH 91.3}

“To secure a good circulation of the current of human life, all parts of the body must be suitably clad.”--H. R. HL 187.

“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. A good circulation preserves the blood pure, and secures health. A bad circulation leaves the blood to become impure, and induces congestion of the brain and lungs, and causes diseases of the head, the heart, the liver, and the lungs. The fashionable style of woman's dress is one of the greatest causes of all these terrible diseases.” HR, August 1, 1868 par. 16