

# Hygienic Rules.

## First.

Banish from the kitchen and sick room all poisonous substances as food or medicine, such as alkaline substances, potash, ashes, soda, pearl ash, salivated cream of tartar, &c. &c. acid bits, powder and soda as drinks. And as medicine, the whole list of mineral and vegetable poisons, as mercury, arsenic, opium, scutella, stramonium, sulphuric acid, nitric acid, &c. &c.

In fine, let alone the whole catalogue of substances injurious to the human system. They all operate on the principle, that something is gained by breaking an dam, in order to cure or relieve a broken finger; or of a big devil casting out a little one, and himself taking his place.

## Second.

Breathe clean air night and day, but especially at night. And keep bairning until you

2. know when air in a room is, or ~~is~~ <sup>is not</sup> clean  
a fact which but few are present understand  
Let ventilation be thorough; but so arranged  
that it will be imperceptible to a casual ob-  
server. In the air, naturally, we live, and  
move, and have our being.

The purity of the blood depends upon  
the air we breathe, more than upon any  
thing else. By it combustion is maintain-  
ed in the lungs, and the system kept warm  
and in a healthy robust and vigorous con-  
dition.

Uniform health; without the constant  
use of undulterated air, is impossible, un-  
less we suppose a continual miracle.

### Third.

Daily ablution of the whole surface of the  
body is absolutely essential to the highest  
condition of health. This should be varied  
and adapted to ~~existing~~ <sup>existing</sup> circumstances, time  
and place in quantity and quality.

Let ablution be so managed that the body

will be warmer, in a short time afterwards than it was previous to the bathing.

### Fourth

Course ground flour of some kind, made into bread without the use of leaven, and used habitually, is another requirement that cannot be dispensed with, without causing a far inferior condition of health to that with which otherwise the person would be blessed.

Superfine flour is an invention of the evil one its constant use is a constant abuse of the beautiful machinery with which God and nature have entrusted us. It induces constipation as a chronic condition, or permanent disease, or derangement, that is the father and mother of all the other complaints and ills that flesh is heir to.

Those who use it lose sight of themselves and forget what a natural, normal state of their own body is. They are self-made

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inevitable invalids, without even knowing it.

To confine children to it is to do with them what would destroy <sup>the germ of</sup> every other kind of animal of equal size; and it also annihilates in them the true standard of right and wrong, physiologically; and renders their physical redemption almost as difficult as is that of the insane where the fulcrum reason, is itself deranged and nothing is left wherupon to rest the lever of Reform.

And when to this pernicious dietary article there is added yeast, we have a combination of hurtful substances, the use of which goes far towards the solution of the great problem of modern maladies.

Yeast in a loaf of bread is like the itch in the human body, — a collection of insects or animalcules that are brought into existence by the process of putrefaction. They are so minute or elementary that heat, by cooking, does not destroy them. They enter into and corrupt the blood, where they live and grow, and propagate, as parasites on a

tree; and precisely as is the case of vaccination. For the small pox,

### Fifth

Use no food, or drink, above the temperature of the blood.

### Sixth.

Let 60 degrees be the highest and not as now the lowest point of temperature.

The universal propensity of the human race to substitute, stimulating drinks of some kind or other, in the place of simple water is paralleled by a universal disposition to depend upon fire external or artificial heat, instead of trusting to the inherent power that exists in all animal bodies to generate their own heat; calling only for proper food, drink, and air, to effect the object. There is this difference however, that whereas the first prevails with the greatest

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power over men and women while in a barbarous state, or in the lower degrees of civilisation; the latter obtains with greater force, in fact with an almost irresistible influence, among the most spiritually enlightened class of persons upon earth—the Shakers.

Too much external heat always debilitates both body, and mind, and renders it powerless against the assaults of either wet or cold; and this again acts upon the mind, and disposes it to a strong delusion, and a firm belief, that artificial heat is exactly the degree used, is absolutely necessary for that particular person.

Natural warmth, or heat, renders artificial heat unnecessary; and artificial heat prevents the production of natural animal heat; so that the more artificial heat is used the colder the person is. The feet and hands will become habitually cold, and the whole body extremely sensitive to a breath of air, or to a slight exposure to

a low temperature. In fact the victim of  
 fire chiefly approximates nearer and nearer in  
 mind, to the condition of an effeminate  
 Oriental; and in body to that of a corpse,  
 which fire may roast, but can never warm,  
 because there is no heat produced therein

A real fire-achist ought to begin the work  
 of redemption very carefully. Such should  
 take a thermometer and ascertain how far  
 they have traveled from the true standard  
 of comfort - <sup>permanent health</sup> 60 degrees. Should they find  
 they have risen to 80, then they should com-  
 mence coming down, by keeping the room  
 70 one week; then drop one degree per week,  
 until the cure is fully accomplished, and the  
 individuals find that they are as comfortable  
 at 50 or 60 as formerly they were at 70 or 80.

The judgment and not the appetites and  
 feelings must decide every point with the  
 soul that would have a part in the true re-  
 formation of the body, or the resurrection of the  
 soul. Self-denial is the law of truth phys-  
 iologically as much as spiritually.

## Seventh.

Eat no animal food. If not prepared for this then conform to the Mosiac Law and put yourself under the tuition and protection, physiologically, of some Jewish rabbi. Now do not dear reader be startled at this.

Would there be any more mixing with the world in doing this, than there is in calling upon a world's doctor under all manner of sickness, and plagues "not written in this book" which have been produced by going contrary to the divine instructions, given through Moses, respecting earthly things.

As said John the Baptist; (Moses representative) "he" (Moses) was "of the earth earthly, and spoke of the earth", a earthly things, while Jesus spoke of heavenly or spiritual things. —

John and Jesus ~~en~~ were with their respective disciples in Judea; and in Emam each party was baptising with water unto Moses; and then Jesus baptised, from such company, such as the Lord called into Christ (See John, III, 22.)



They conjointly ~~sung~~ the song of Moses and of the Lamb." This calling upon Gentile antichristian doctors, who certainly, by their own admissions, are as far from the truth of God physiologically, as are the Gentile antichristian priests from his truth pertaining to the soul, is a matter to be thought of.

Therefore there would be no more inconsistency in Believers and the Jews coming into union now than there was in the days of Jesus that is, so far as the former wish to break the Mosaic Law; the shame would be, not in going to the rabbi for direction and protection respecting animal food, but in being on so low a plane as to use it at all.

As would be the analogous case, if the Shakers should ~~run~~, and go to the rabbi for direction and protection in generation.

### Eighth.

Keep the feet warm and clean especially the soles of them. The corn pits also should be often well cleansed.

## Ninth

Never pass suddenly from severe cold to a high degree of heat. Few things are more injurious than this. It is upon the principle that a very cold hand will ache, if it be put to the fire. More colds are taken by going from the cold into hot rooms, than from all other causes put together. It is also injurious to cool suddenly by when very warm.

## Tenth

Eat neither fat nor blood, nor pastry saturated with grease. Eat light suppers.

## Eleventh

Consider colds as being unmedicable, for they are certainly useless. When one is taken attend to it immediately.

Stop eating, clean the skin deep warm, avoid the fire, breathe violently the fresh air, like a pair of bellows, so that the extra oxygen may burn up the excess of

carbon, which is the cold (more properly) the fever. Condemn yourself for having a cold, and in future be determined not to have them. <sup>But</sup> The same means that will cure a cold will also prevent it and render a fever impossible.

### Twelfth.

Never for a moment consider sickness anything but the natural result of disobedience to physiological law, or natural truth.

Death itself is only ceasing to breathe, <sup>breathing</sup> for without ~~which~~ no person can live.

And ceasing to breathe pure air is ~~very important~~ to begin the process of dying