

Health Talks

“The Battle for Your Mind”

08: God’s 8 Laws: Sunlight

“Pure air, sunlight, abstemiousness, [temperance] 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.” Ministry of Healing 127.

The Sun Cure: Heliotherapy. The medical madness of our of end-time current events is telling us that soon the only health care available to the true people of God, will be the healing agencies of nature. We must learn how to use these powers while we still can! Today we will learn from hidden history that few today know about.

TB or tuberculosis, was one of the deadliest diseases in human history. It was considered incurable for generations, until someone finally tried God's sunlight. Yet the pioneer practitioners of heliotherapy discovered that the sun cure could do far greater things than merely cure an incurable disease. The magnificent, unbelievable things that sunlight was given power to do was clear evidence of the intelligence and power of a Merciful Living God at work behind it all. God pronounced sunlight good; these men proved it and here are some of their stories.

Genesis 1:3, 4; 14-18. “And God said, Let there be light: and there was light. And God saw the light, that it was good: . . . “And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years: And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so. And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the earth, And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good.” Genesis 1:31. “And God saw every thing that he had made, and, behold, it was very good.”

God saw everything He had made, working together in harmony, and behold it was very good. To prove to us how good, God placed Adam and Eve in a garden, in the sunlight, all day every day, naked. [“The sinless pair wore no artificial garments; they were clothed with a covering of light and glory, such as the angels wear. So long as they lived in obedience to God, this robe of light continued to enshroud them.” PP 45. After they sinned and lost this garment, God made them coats of skin to cover them.]

Yet the satanic doctrine that God's sunlight causes disease is believed everywhere today! Therefore we will let history provide the evidence to vindicate God, when He says that sunlight is good. Now since God's Word is never wrong, we would expect to see a pattern of health and recovery associated with sunlight, and a pattern of disease and death associated with its absence.

The place to start looking for such a pattern is in the history of the war on TB. because sunlight and fresh air were the only two cures back then for TB, and they still are the best ones! And who better to tell what sunlight can really do for our health than the pioneer men of science, the physicians who used it daily in the treatment of countless patients worldwide. Their medical expertise in light therapy is absolutely unequalled in this generation, as to be no comparison. Their knowledge represents life-times of practical, hands-on Experience!

Tuberculosis was known as consumption, the great white plague, and the white death. It was highly

infectious and was considered one of the deadliest diseases in human history. During the late 1800s tuberculosis accounted for about 20 percent of all deaths. Throughout history sufferers are characterized as feverish, dehydrated, and afflicted by strong bouts of fighting for breath. Their bodies became very thin, lethargic, and pale white, earning the disease the name the great white plague.

TB is a highly contagious disease that is transmitted through infected droplets from a sneeze, cough or simply from talking. It is most commonly known for affecting the lungs but it could also invade and destroy muscles, joints, bones, organs, and skin.

Unlike other infectious plagues, TB did not make a sudden appearance, devastate a population and quickly die off. Instead it infected a person over a period of years or decades through alternating cycles of acute attacks and remissions. Symptoms could appear weeks or years after exposure.

The war on TB got organized; in the latter part of the 1800s, states and nations finally began to work together to eradicate TB, to find its cause, treatment, and prevention, and then educate and treat the public. They found that TB thrived in the poverty-stricken city dwellers living in 1. close quarters 2. in unsanitary conditions. That's not a surprise to us in this generation. And deficient in 1. nutrition 2. fresh air 3. Sunlight.

Well those are some of the very things that were addressed in the Great Advent Health Reform Movement. Ellen White says, "And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable conditions under the doctors God has provided -- pure air, pure water, and the healing precious sunlight." CG 367.

The organized war on TB found that sunlight and open air living, both reversed and prevented TB. Over time this organized movement produced all kinds of interesting options:

1. One of the ways they gave sunlight and fresh air was open-air TB hospitals. Weimar Lifestyle Center used to be a tuberculosis sanitarium. The old buildings are filled with windows that open wide
2. Open-air TB tent colonies, and those were everywhere. Patients with infectious diseases tended to recover much faster in tents than inside hospitals. This idea could easily be a health vacation. The Battle Creek Sanitarium also offered health vacations.
3. Preventorium. A wonderful name. Preventoriums were for children at high risk for TB. It was found that whatever reversed TB also prevented TB. Adequate fresh air and sunlight both prevented TB and reversed it. At risk children were taken from their homes and placed in preventoriums around the world to boost their immune system so they wouldn't get TB.
4. Light Institutes. Dr Vinson of Denmark won the Nobel prize in 1903 for curing lupus, or skin TB, with concentrated sunlight or artificially produced UV light.

On any of these therapies we must remember it takes time to tear down our health and it will take time to build it back up. Sunlight takes perseverance like every other natural remedy to see lasting results.

5. Ultraviolet Light Therapy Departments.

6. Sun bathing pavilions with UV transmitting glass, not UV blocking glass, UV transmitting glass, wide open windows, this is what we need at our health institutions and homes. Wow, You know they make UV transmitting habitats for gorillas in zoos. We need to start using UV transmitting glass in our homes. It's very expensive though.

7. Rotating sunbathing huts and tents to follow the sun and block the cold wind. Some were built on roofs of high buildings.
8. Window Cages for Sunbathing and Fresh Air for babies. This is the necessity caused by city living!
9. Open-air sleeping rooms. These rooms had wide open windows. There were also open air tents.
10. Backyard open air sleeping, isolation tents. Some had wooden frames.
11. Fresh air window tents to sleep in.
12. Supervised sunshine playground. A preventorium playground it was operated by the Battle Creek Sanitarium. Children were medically examined and monitored, fed healthy snacks and monitored while sunbathing. They were given books to read in the sun, taught useful labor, offered health classes, offered agricultural training, given sun bathing and swimming time. There was a sandbox there they had fun while getting sun exposure. Boys had one day and girls had the next.
13. Women's private beach solariums. Private areas where women could sunbathe modestly.
14. Open-air gymnasiums with privacy fencing. One for men and one for women. It was the adults sunshine playground. It included things like useful labor, active games, sunbathing, swimming.
15. Indoor Sun Bathing Beaches. Using sunlamps and UV transmitting glass.
16. Indoor Sunbathing Cafe and Juice Bar.
17. Open air ferries [boats] as TB camps. There's something about the ocean that enhanced healing. Moving waters, creating negative ions, and negative ions are healing. Positive ions cause depression.
18. Sea-Cure, Sun Cure, Open Air Schools. Open air schools became a worldwide practice. The results were fabulous! The open air sea cure had its unique contribution, due to the healing negative ions given off by the moving waters.
19. High Altitude Alpine Sun Cure Clinics. Why high altitude? Because UV is far more effective at high altitudes.
20. High Altitude Alpine Sun Cure Schools. Those schools were also preventoriums. These are not for the really sick children, they came as prevention.
21. The Sun Cure Farm Colonies; also the same as working clinics.
22. Sun Cure Clinic/Factories. They were clinics and factories at the same time! Now that's practical!
23. Military Sun Cure Facilities for Recovering Soldiers.
24. Open Air Health Camps for children.
25. Even Open Air School Buses.

Of these sun cure providers, one of the best was the high altitude clinics by Doctor Augusta Rollier, [1874-1954] He had 36 sun cure buildings in Leysin Switzerland. He opened the first high altitude TB clinic in 1903 in the Swiss alps. He specialized in surgical TB cases and called his program the Cure De Soleil or the sun cure. He did no surgery on them, the sun cure made that unnecessary.

Eventually most of the buildings in Leysin were used for Doctor Rollier's Sun Cure Clinics. Any space they could find they used. Many TB patients arrived from the disease-causing shadows of the city, close to death, with deep open sores, literally distorted bodies, wasted muscles and severe pain.

Yet in many cases complete cure was achieved. The treatment was 'slow' but extremely effective and no side effects from drugs, no maiming surgeries. Dr Rollier reported to the 17th International Medical Congress in London in 1913 that out of the 1129 surgical TB patients he treated, since opening in 1903, that's 10 years, 951 were cured. This was when TB was still considered incurable by mainstream medicine. This was done without surgery or antibiotics, [they weren't invented yet] or drugs. They used only the healing agencies of nature. The sun cure had an 84 % cure rate on dreadful surgical patients who were close to death, given up by mainstream doctors. This was accomplished without the expected maiming risky surgeries of the day.

Some of these patients were immobilized for months at a time; not a few were confined to bed for months at a time. Conditions like inflamed spine and or stiff or fused joints required complete immobilization. Some required traction, splints, or casts. These patients were rolled into the sun for regulated periods each day. Dr. Rollier found that morning sun therapy was best, especially for beginners.

Dr. Rollier's primary tools were sunlight, open air, and rest. He also found he could speed healing by adding three more things 1. The Work Cure. They had organized manual work for the tedious hours of treatment. This did not cause any fatigue for the patients, on the contrary, it was a helpful diversion which revived their spirits and favors the progress of their cure. It would be a great mistake to lose sight of the influence of illness on the mind of the patient and not to take care of each one's mental-physical balance.

So drawing a spiritual lesson here; it wasn't just exercise or work, it was useful labor. Patients didn't wait till they were cured to start working, they found that work was part of the cure. So working for the good of others, is part of our cure from sin and selfishness. If we wait till we are free from the disease of sin, we will never work for others. Working for others is part of the cure for sin. It's part of the process of salvation.

2. The Social Cure. Dr. Rollier found that when patients share the same space [the social cure] they recovered faster. Social interaction helps to divert our minds from ourselves onto others. If we focus on our sickness, we get sicker. So too when we focus on our sinfulness, we get more sinful. Our focus and trust is to be on Christ the Great Physician.

3. A Mostly Vegetarian Diet, this was also part of the work cure for patients and or students did the gardening themselves. **“And God said, Behold, I have given you every herb bearing seed which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” [food] Genesis 1:29.**

Most persons suffering from TB had been for many years victims of constipation and were highly toxic. The practice of feeding these patients large quantities of meat, is most harmful. The kidneys are already overworked because of the large amount of tubercle toxin in their bodies. [the flesh meat would add more poisons to that]

Dr Rollier said that he could cure all forms of TB at any stage, any age. Even though immobilized for many months in bed, his patients had good appetites, noticeably strengthened and toned muscles, increasing hemoglobin content, diminished pain, and sometimes totally relieved pain. Swellings, infiltrations, and edema also disappear in TB lesions of bones and joints.

This is surprising that muscles get strengthened and toned by lying in bed in the sunlight! Sunlight strengthens and tones muscles without exercise, while on bed rest for months! That's one of those

magnificent, unbelievable things that sunlight was given power to do.

Now just think of what this means for us and families. We don't know any of this in this age of pharmakiea deception. **“For by thy sorceries, were all nations deceived.” Revelation 18:23.** [the Greek word translated ‘sorceries’ here is pharmakiea = drugs] We can do so much better than pharmakiea, we have such powerful healing agents at our command!

Patients coming in terrible conditions were cured at the sun cure clinics of Dr Rollier because they treated the cause of the diseases. The cause was a deficiency of sunlight, fresh air, a poor diet and unhealthy living conditions.

Dr Rollier said gardening and farming were good for recovering lung and bone cases, more than any other kinds of work. They all got so hardened by open air and sunlight, their muscles get so wonderfully developed, and they have such a high degree of resistance to disease! God’s messenger told us the same thing.

“Work performed in the open air is 10 fold more beneficial to health than indoor labor. Both the mechanic and the farmer have physical exercise, yet the farmer is the healthier of the two. Nothing short of nature's invigorating air and sunshine will fully meet the demands of the system.”

Fundamentals of Education pg. 35.

Dr Rollier said the air and sun bath is the most powerful of all tonics and health restorers; it rebuilds the organism and increases its vitality. Children strengthened during the summer months by air and sun baths are hardier and can much better withstand all the illness that may affect them during the winter. We must note that the sun cure patients *never* developed cancer from spending so much time in the sunlight. No cancer was ever caused by sunlight, or reversed by avoiding sunlight.

Dr Rollier said, “it is important that the recovering patients should not return directly into the debilitating atmosphere of the cities.” Working on farm and gardens was what God intended for mankind from the beginning, not living in cities and working indoors.

Ellen White: “There is a work to be done in treating the sick with water and teaching them to make the most of sunshine and physical exercise. Thus in simple language we may teach the people how to preserve health how to avoid sickness . . . This is true science.” PH144 p12.

Exposing clothing and bedding to the sun freshens and sterilizes them! Mold cannot live in fresh air and sunshine! Sun can help heal wounds, injuries and infected sores. Sunlight kills germs. Sunlight even helps to heal fractures. [broken bones] 15 minutes of sunlight a day to the hands and face is not in any way healing, it is not near enough. Sunlight is not really a therapy it's a basic human necessity. We need all we can get, whether we are sick or healthy. Sunlight only on the sore or diseased area may not be enough, the greatest benefit comes from systemic, full body exposure.

We are sure that the enemy of our souls knows that sunlight can cure many things, that's why he has had this centuries-long campaign against sunlight. It's probably the most complete, powerful, healing agent ever given to man. Instead of it being a danger, it is the most powerful healing agent. It can heal the very diseases it is being accused of causing.

Fresh Air and Sunshine! Don't shut these good friends out of your homes and hide from them! Brighten your world today!