



# GET OUT!

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ML 805 - Compilation.

We have some people in the Family who have actually developed asthma, tuberculosis and other lung diseases because of their over-devotion to their daily work and their failure to take proper daily exercise in the sunshine and fresh air. They will probably protest that they are too tired and haven't got energy enough to get out for a daily walk. But that's why they are tired! It will probably be hard for them at first because they are not used to it, but I can almost guarantee that exercising is the cure!



You have got to set aside a certain time every day to get out, an hour or two every day of fresh air and vigorous exercise and sunshine if possible. I just insist that our whole local Family stop and get out at least once a day, for an hour or two -- vigorous walks, swim and play ball with the kids and whatever, to get some good healthful fresh air and sunshine and exercise. Your body was built for vigorous activity!



You secretaries and typists and mail experts and bookkeepers and artists and printers and layout men just must realize you cannot hover over a desk scrunched up, bent nearly double over your work all day long and half the night, and nearly every day of the week, and think you are going to get away with it! You just are not! Sooner or later you're going to come down with a cough, asthma, bronchial trouble, spitting up blood, tuberculosis, you name it! You just are not going to get away with abusing your bodies like that! (1Co.3:16,17; 6:19)



There's no excuse for it, just no excuse for it! If you obey God's laws and rules and my advice, you will stay in good health, just like Maria and I do, but you've gotta do it. You've just gotta get out every day whether you like it or not, whether you want to or not. -- Just stop and get out!

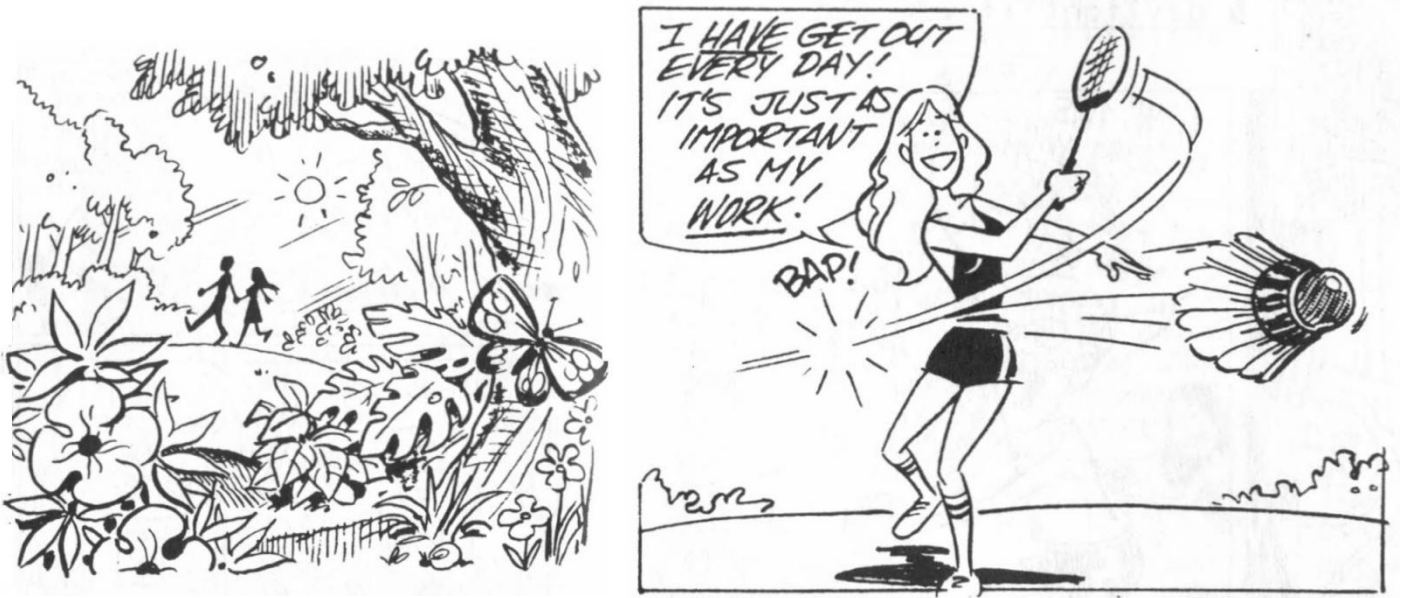
If you want to be any good to the Lord, you'd better stay healthy! The recipe is the same as it always was: Good rest, good exercise, good food and good living. If you violate these rules, then you're going to have bad health and bad living and quick dying!



You don't even necessarily have to have direct sunlight to stay healthy; too much direct sunlight is not even good for you. But you guys hovering over a desk working by electric light 50-60 cycles going off and on that many times a second - don't notice the effect on your eyes, but it does affect them, and no matter how good the electric light is, it is not daylight. You're far better off working near a window and daylight if you can.



You guys have got to realize that you are not your own: You've bought with a price (1Co.6:19,20), and you can't do as you please! You just can't sit around doing the work you love to do all day and all night and all week long, and never get out! You cannot abuse your body like that and not get any exercise or any fresh air or any vigorous regular activity to exercise your muscles and heart and circulate your blood and flush out your lungs and your bloodstream and keep all your bodily functions in repair.



And if you can possibly walk where there are woods or trees or grass --plants that God made to give off oxygen in the daytime -- you'll get nice pure fresh air, full of oxygen! Of course, if you live in the heart of a stinking city you don't have much chance, but even the New Yorkers survive by all that running around they do in the subways and some air!

But you have to do it every day, every day, every day, regularly, and live regularly, and have good diet, good exercise, good hard work, good rest, good elimination lots of liquids and water to keep the juices flowing, and keep going for God! Praise the Lord?

Get out for God! -- Or get in your grave! -- Which'll it be for you? -- Get out!

