

## The Body Temple

1. How did God teach Israel the lesson of His presence with them? Ex. 25:8.
2. Where does He desire to abide now? 2 Cor. 6:16; 1 Cor. 6:19, 20.
3. How fully are we to yield our bodies to God? Rom. 12:1; Phil. 2:12, 13.
4. What admonition should be heeded concerning the care of the body and the maintenance of health? 1 Cor. 3:16, 17; 3 John 2.
5. What must govern the child of God in all things? 1 Cor. 9:25, 27.
6. Will any drunkard enter heaven? 1 Cor. 6:10.
7. What is in strong drink that ruins body and mind? Deut. 32:33. Note 1.
8. What other things come under this ban? Note 2.
9. What should be our attitude toward all these things? 1 Cor. 10:31. Note 3.
10. What was the original diet of man? Gen. 1:29. Of animals? Gen. 1:30.
11. How long did people live when they adhered to a vegetarian diet? Gen. 5:5, 8, 11, 14, 17, 20.
12. What was added to man's diet after he sinned? Gen. 3:18; 9:3. Note 4.
13. What beasts did God permit man to eat after vegetation was destroyed by the flood? Lev. 11:1-30, 44, 46, 47. "No blood." Gen. 9:4; Lev. 3:17.
14. How did a flesh diet affect men's lives?—It shortened life. Gen. 11:10-12, 24, 25.
15. What will God grant to all who obey? Ex. 15:26; Ps. 103:1-5.
16. When will the fullness of this promise be realized? Phil. 3:20, 21; 1 John 3:1-3.

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## Notes on Reading No. 26

NOTE 1.—“One of the subtlest effects of this many-sided drug is to produce a craving for itself, while weakening the will that could resist that craving.”—*“Alcohol,” Dr. Williams, p. 48.*

NOTE 2.—“Tobacco is the most subtle poison known to chemists, except the deadly prussic acid.”—*M. Orfila.*

Margaret J. Bilz, national lecturer for the Woman's Christian Temperance Union, said before one of the public schools of Baltimore, Maryland:

“When I was in Paris some years ago, I met a man who had very tiny dogs for sale. The mother dog, though small, was normal in size. I asked the owner how it was that her offspring were so abnormally small? What had he done to them?”

“At first he refused to tell me, fearing that I would divulge his secret or become his business competitor. By a little friendly conversation I convinced him that I was simply in pursuit of knowledge. Then, with many cautions, he confided to me his process for producing these tiny dwarfs:

“‘You see I put a little speck of nicotine in their food when they are quite young. Then I put in a little more and a little more, and then they never get big.’

“‘But doesn't the nicotine ever kill them?’ I asked.

“‘O yes, many of them die; but I get a big price for the little fellows that live.’

“Thus he was willing to sacrifice the lives of many of his dogs for the gain brought by the sale of the few that survived.

“On our streets are hundreds of nicotine-poisoned little boys—poisoned by the nicotine in the cigarette.

“‘But doesn't this nicotine poison kill them?’ you ask.

“O yes, many of them die; but the manufacturers of cigarettes keep right on making boy destroyers, that thus they may become wealthy.”

NOTE 3.—“One of the briefest and best definitions of temperance is *self-control*. The word in the text means much more than mere abstinence from intoxicating drinks,—the limited sense now given to it. It means control, strength, power, or ascendancy over exciting and evil passions of all kinds. It denotes the self-rule which the overcomer or converted man has over the evil propensities of his nature. Commenting on this passage [2 Peter 1: 5, 6], Dr. Albert Barnes says: “The influences of the Holy Spirit on the heart make a man *moderate* in all indulgences; teach him to restrain his passions and to govern himself.”—*“Bible Readings for the Home Circle,” p. 186.*

NOTE 4.—“From this it is evident that flesh food was not included in the original diet provided for man, but that on account of the changed conditions resulting from the fall and the flood, its use was permitted.”—*“Bible Readings for the Home Circle,” p. 755.*

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