

### **Means of Saving Many Lives**

“Our people should become intelligent in the treatment of sickness without the aid of poisonous drugs. Many should seek to obtain the education that will enable them to combat disease in its various forms by the most simple methods. Thousands have gone down to the grave because of the use of poisonous drugs, who might have been restored to health by simple methods of treatment. Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments.”

Medical Ministry p. 57

### **Much Suffering Prevented**

“If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented.”

ML 139

### **Not Appreciated as Should Be**

“But many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to

apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject.”

Ministry of Healing p. 237

### **Great Efficacy**

“The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully.”

2 Selected Messages p. 288

### **Combined with Prayer**

“Thus we combined prayer and labor. We used the simple water treatments, and then tried to fasten the eyes of the patients on the Great Healer.”

Welfare Ministry p. 326

### **Relieves Pain & Checks Disease**

“There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.”

Ministry Healing p. 237

### **Curing diphtheria helped gain physician confidence**

“You want to know how to use the common methods, the simple remedies of water. It is a simple power. Although my husband and I were not physicians, yet we were. We could go around when the doctor’s children were cut down, four and five in the families of physicians. We never lost a case. That is in diphtheria, and we used only the simple treatments. In doing this, we gained the confidence of the physicians. . . . You can melt your way into the hearts of the worst souls and they be converted.”

SW, January 23, 1902 par.17

### **Hot, Treatments, Indicated Much More Often Than Ice**

“The light which has been given me in reference to several critical cases has been represented to me as a sick child I had in charge, and in every case the directions given were, Do not apply ice to the head, but cool water; but apply hot fomentations to the bowels, stomach, and liver. This will quell the fever much sooner even than cold. The reaction after the cold applications raises the fever, in the place of killing

it. This direction has been given me again and again. In some cases, the ice applications may be warrantable, but in most cases they are not advisable. If the invalid has any vitality, the system will send the blood to where the cold is, and very often the system has no power for this taxation. Some cases may endure this kind of treatment, . . . Use hot water. In nine cases out of ten it will do a more successful work than the cold ice would do.”

Letter 112a, 1897. {3MR 365.3}

### Instead of drugs

“Experimenting in drugs is a very expensive business. Paralysis of the brain and tongue is often the result, and the victims die an unnatural death, when, if they had been treated perseveringly, with unwearied, unrelaxed diligence with hot and cold water, hot compresses, packs, and dripping sheet, they would be alive today.”

Medical Ministry p.228

### Reason for Sanitariums

“Nothing should be put into the human system that will leave a baleful influence behind. And to carry out the

light on this subject, to practice hygienic treatment, is the reason which has been given me for establishing sanitariums in various localities.”

Medical Ministry p.228

### Wherever We Have a Church

“In every place where we have a church, there should be some place specially fitted up where treatments can be given--a bathhouse with appropriate rooms. This is as the Lord designs it should be. . . . and thus help to prevent disease.”

16MR p.246

### Works on Animals

“The horse called Parson was very sick. We feared he would die. We doctored him as well as we could, putting hot flannel blankets around him. He was relieved after several applications. We learned that hydrotherapy is for animals as well as for human beings.”

3MR p.168

# Water Treatments (Hydrotherapy)

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## Selected Quotations

