

## SUNLIGHT

The sun is a God-given physician.--Ms 821900.

If there were no sunlight, all vegetation would perish, and human life could not exist. Animal life would die. {RH/ A61914 par. 5}



The sun is God's doctor, which brings health and strength, *purifying and giving color to the blood*, and we must have it. {AUCR/ J261899 par. 4}

Invalids too often deprive themselves of sunlight. This is one of nature's most healing agents. It is a very simple, therefore not a fashionable remedy, to enjoy the rays of God's sunlight and beautify our homes with its presence. {2T527.1}

Shade-trees and shrubbery too close and dense around a house are unhealthy; for they prevent a free circulation of air, and prevent the rays of the sun from shining through sufficiently. In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints...--H. to L., Chap. 4, p. 64. {HL 141.1}

No room in the house should be considered furnished and adorned without the cheering, enlivening light and sunshine, which are Heaven's own free gift to man. {HR/ A11871 par. 6}

Choice, closed rooms, deprived of the health-giving rays of the sun, seem like damp cellars. . . .--RH. {HL 65.4}

One of the most beautiful adornments our rooms can have, is the cheering sunlight, gilding and glorifying everything it rests upon. {HR/ A11871 par. 8}

Whoever sleeps in a sunless room, or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health, and often of life. {MH 275.1}

If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented. --H. R. {HL 142.2}

Put back the drapery and let heaven's doctor in, which is sunlight. {Te 290.1}