

PHYSIOLOGY

MANUAL

FOR

YOUTHS

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INTRODUCTION

This book is a compilation of Ellen G white writings along with other research done from other authors through the internet. The aim of this manual is to equip the youth of today in understanding the wonderful body that God has made for you. In this manual we will take a deeper look into the structure of your frame, with the varying components, the outer and inner systems and see how they all cooperate in working harmoniously. These topics will be taught to you by XX number lesson, each lesson will open with a question, should which it is the writer's objection to answer that question with a carefully selected sources.

The writer intends that reader will not only reads this book in the same manner as any other Physiology book, but will be able to use and reuse this book. You should therefore expect after each lesson is explained, a series of question which will help you to summarise and reteach each lesson to others.

1 Corinthians 12:12 says - For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ.

¹³ For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

¹⁴ **For the body is not one member, but many.**

¹⁵ **If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body?**

¹⁶ **And if the ear shall say, Because I am not the eye, I am not of the body; is it therefore not of the body?**

¹⁷ **If the whole body were an eye, where were the hearing? If the whole were hearing, where were the smelling?**

¹⁸ **But now hath God set the members every one of them in the body, as it hath pleased him.**

My prayer is that the parents of these youths will find this tool helpful in guiding their children.

THE STUDY OF PHYSIOLOGY

Instruction to Parents and Students- In this lesson for this week you will be introduced to the book *Education*, here you will find important principles relating to study of Physiology. Throughout this week we will understand what is Physiology and its importance. Read carefully this chapter.

LESSON 1-5

TIME SPAN FOR EACH LESSON 1HR AND 30 MINUTES

WHAT IS PHYSIOLOGY?

The Oxford dictionary defines physiology as: **‘the science of the functions of living organisms and their parts’.**

EDUCATION CHAPTER 21

“I am fearfully and wonderfully made.”

Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and a well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore, the health should be as faithfully guarded as the character. A knowledge of physiology and hygiene should be the basis of all educational effort.

Though the facts of physiology are now so generally understood, there is an alarming indifference in regard to the principles of health. Even of those who have a knowledge of these principles, there are few who put them in practice. Inclination

or impulse is followed as blindly as if life were controlled by mere chance rather than by definite and unvarying laws.

The youth, in the freshness and vigor of life, little realize the value of their abounding energy. A treasure more precious than gold, more essential to advancement than learning or rank or riches—how lightly it is held! how rashly squandered! How many a man, sacrificing health in the struggle for riches or power, has almost reached the object of his desire, only to fall helpless, while another, possessing superior physical endurance, grasped the longed-for prize! Through morbid conditions, the result of neglecting the laws of health, how many have been led into evil practices, to the sacrifice of every hope for this world and the next!

In the study of physiology, pupils should be led to see the value of physical energy and how it can be so preserved and developed as to contribute in the highest degree to success in life's great struggle.

Psalm 139:14 states we are “**fearfully and wonderfully made**”.

Questions

1. Where does the mind and the soul find expression?

2. What promotes a well balanced character?

3. What is character?

3. What should be faithfully regarded as the character?

5. Summarize what the main aim of this paragraph highlighting?

6. What have you learnt that stands out to you?

7. Draw an image of the brain and label its parts? Also design another diagram that you can pull apart and use as a puzzle?

8. What does man sacrifice for riches or rank?

9. What does the youth fail to realize? What is it that you have that should be valued?

10. What have led many a youth to evil practices?

11. Write a short paragraph to your mom and dad explaining the reason physiology is important?

LESSON # 2

Children should be early taught, in simple, easy lessons, the rudiments of physiology and hygiene. The work should be begun by mother in the home and should be faithfully carried forward in the school. As the pupils advance in years, instruction in this line should be continued until they are qualified to care for the house they live in. They should understand the importance of guarding against disease by preserving the vigor of every organ and should also be taught how to deal with common diseases and accidents. Every school should give instruction in both physiology and hygiene, and, so far as possible, should be provided with facilities for illustrating the structure, use, and care of the body.

There are matters not usually included in the study of physiology that should be considered—matters of far greater value to the student than are many of the technicalities commonly taught under this head. As the foundation principle of all education in these lines, the youth should be taught that the laws of nature are the laws of God—as truly divine as are the precepts of the Decalogue. The laws that govern our physical organism, God has written upon every nerve, muscle, and fiber of the body. Every careless or willful violation of these laws is a sin against our Creator.

How necessary, then, that a thorough knowledge of these laws should be imparted! The principles of hygiene as applied to diet, exercise, the care of children, the treatment of the sick, and many like matters, should be given much more attention than they ordinarily receive.

Questions

1. Explain “rudiments of physiology and hygiene”?

2. What should be your first duties in the morning? List them?

3. How important is it to accomplish these duties?

4. What is hygiene? How important is hygiene?

5. List some laws of nature?

6. List a few laws that govern our physical organism?

7. How important are the organs in our body? How can we care for these organs?

8. What steps will be taken to care for your organs?

LESSON #3

The influence of the mind on the body, as well as of the body on the mind, should be emphasized. The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease. This should be made plain. The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity, and, on the other hand, the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown.

There is a physiological truth—truth that we need to consider—in the scripture, “A merry [rejoicing] heart doeth good like a medicine.” Proverbs 17:22.

“Let thine heart keep My commandments,” God says; “for length of days, and years of life, and peace, shall they add to thee.” “They are life unto those that find them, and health to all their flesh.” “Pleasant words” the Scriptures declare to be not only “sweet to the soul,” but “health to the bones.” Proverbs 3:1, 2, margin; 4:22; 16:24.

The youth need to understand the deep truth underlying the Bible statement that with God “is the fountain of life.” Psalm 36:9. Not only is He the originator of all, but He is the life of everything that lives. It is His life that we receive in the sunshine, in the pure, sweet [198] air, in the food which builds up our bodies and sustains our strength. It is by His life that we exist, hour by hour, moment by moment. Except as perverted by sin, all His gifts tend to life, to health and joy.

“He hath made everything beautiful in its time” (Ecclesiastes 3:11, R.V.); and true beauty will be secured, not in marring God’s work, but in coming into harmony with the laws of Him who created all things, and who finds pleasure in their beauty and perfection.

As the mechanism of the body is studied, attention should be directed to its wonderful adaptation of means to ends, the harmonious action and dependence of the various organs. As the interest of the student is thus awakened, and he is led to see the importance of physical culture, much can be done by the teacher to secure proper development and right habits.

Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote. Let the teacher give instruction on this point by example and by precept. Show what a correct position is, and insist that it shall be maintained.

Questions

1. What is the will?

2. What are the steps to be taken in the recovery of health?

3.Explain what this text is saying “A merry [rejoicing] heart doeth good like a medicine.” Proverbs 17:22?

4.What does this mean,God “is the fountain of life.” Psalm 36:9?

5.What marris God's work?

6.What is the mechanism of the body?

7.What is physical culture?

8.What is the correct position we should be in sitting and also standing?

9.How can one maintain sitting and standing properly?

Lesson #4

Next in importance to right position are respiration and vocal culture. The one who sits and stands erect is more likely than others to breathe properly. But the teacher should impress upon his pupils the importance of deep breathing. Show how the healthy action of the respiratory organs, assisting the circulation of the blood, invigorates the whole system, excites the appetite, promotes digestion, and induces sound, sweet sleep, thus not only refreshing the body, but soothing and tranquilizing the mind. And while the importance of deep breathing is shown, the practice should be insisted upon. Let exercises be given which will promote this, and see that the habit becomes established.

The training of the voice has an important place in physical culture, since it tends to expand and strengthen the lungs, and thus to ward off disease. To ensure correct delivery in reading and speaking, see that the abdominal muscles have full play in breathing and that the respiratory organs are unrestricted. Let the strain come on the muscles of the abdomen rather than on those of the throat. Great weariness and serious disease of the throat and lungs may thus be prevented. Careful attention should be given to securing distinct articulation, smooth, well-modulated tones, and a not-too rapid delivery. This will not only promote health, but will add greatly to the agreeableness and efficiency of the student's work.

In teaching these things a golden opportunity is afforded for showing the folly and wickedness of tight lacing and every other practice that restricts vital action. An almost endless train of disease results from unhealthful modes of dress, and careful instruction on this point should be given. Impress upon the pupils the danger of allowing the clothing to weigh on the hips or to compress any organ of the body. The dress should be so arranged that a full respiration can be taken and the arms be raised above the head without difficulty. The cramping of the lungs not only prevents their development, but hinders the processes of digestion and circulation, and thus weakens the whole body. All such practices lessen both physical and

mental power, thus hindering the student's advancement and often preventing his success.

Questions

1. What is voice culture?

2. How can one cultivate voice culture?

3. What does breathing properly promote?

4. List a few exercises that can promote the healthy habit of proper breathing?

5. What helps to ward off diseases?

6. Where should the strain come from?

6(a). How can this be illustrated?

6(b). Take 10 minutes to practice what you have thus illustrated.

9. How can one accomplish the task of having well distinct articulation?

10. What restricts vital circulation?

11. The lungs should not be cramped. What are some dangers that promote this unhealthful action to take place?

11(a). What are the things that this unhealthful action damages?

Lesson #5

In the study of hygiene the earnest teacher will improve every opportunity to show the necessity of perfect cleanliness both in personal habits and in all one's surroundings. The value of the daily bath in promoting health and in stimulating mental action, should be emphasized. Attention should be given also to sunlight and ventilation, the hygiene of the sleeping room and the kitchen. Teach the pupils that a healthful sleeping room, a thoroughly clean kitchen, and a tastefully arranged, wholesomely supplied table, will go further toward securing the happiness of the family and the regard of every sensible visitor than any amount of expensive furnishing in the drawing room. That "the life is more than meat, and the body is more than raiment" (Luke 12:23), is a lesson no less needed now than when given by the divine Teacher eighteen hundred years ago.

The student of physiology should be taught that the object of his study is not merely to gain a knowledge of facts and principles. This alone will prove of little benefit. He may understand the importance of ventilation, his room may be supplied with pure air; but unless he fills his lungs properly he will suffer the results of imperfect respiration. So the necessity of cleanliness may be understood, and needful facilities may be supplied; but all will be without avail unless put to use. The great requisite in teaching these principles is to impress the pupil with their importance so that he will conscientiously put them in practice.

By a most beautiful and impressive figure, God's word shows the regard He places upon our physical organism and the responsibility resting on us to preserve it in the best condition: "Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? and ye are not your own." "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Corinthians 6:19, R.V., margin; 3:17.

Let pupils be impressed with the thought that the body is a temple in which God desires to dwell, that it must be kept pure, the abiding place of high and noble thoughts. As in the study of physiology they see that they are indeed "fearfully and

wonderfully made” (Psalm 139:14), they will be inspired with reverence. Instead of marring God’s handiwork, they will have an ambition to make all that is possible of themselves, in order to fulfill the Creator’s glorious plan. Thus they will come to regard obedience to the laws of health, not as a matter of sacrifice or self-denial, but as it really is, an inestimable privilege and blessing.

Questions

1. How should one value daily bath?

2. What are the various things we should do in the promotion of health?

3. How important is pure air?

4. How can one keep his/her body in the best condition?

5. What will cause one to be more reverent?

6. Obeying the laws of health is a privilege and a blessing. How can you rightly give factual proofs of this statement?
