

## **CLOTHING: HEALTHFUL and CONVENIENT**

Customs in eating, drinking, and dressing greatly influence the level of health. Following are some suggestions that may help you to better health.

### **TIGHT BANDS**

Any bands that impede the circulation, leave a mark on the skin, or prevent entirely free motion of an extremity, are unhealthful. The most healthful clothing is suspended from the shoulder, rather than from tight bands around the waist. Care should also be used at such trouble areas as the neck, ankles, knees, thighs, and wrists. Shoulder straps of underclothing can cause a heavy, tiring weight. Test your clothing by lifting your arms straight up. The clothing should move upward with the arms. Examine your skin for marks from tight bands. Test the clothing over the thighs by taking giant steps (your clothing should not become snug against your thighs even with your longest step). Men's pants that are too tight in the crotch endanger the delicate testes. Their injury from compression and excessive heat has been compared to receiving a certain quantity of X-radiation.

### **PROPER CLOTHING OF THE EXTREMITIES**

It is impossible to have the best of health if the extremities are habitually cold. The unequal circulation which results from clothing the trunk more warmly than the extremities, allows toxic materials to build up (and create inflammation?) in the anemic extremities and in the congested viscera. Blood tends to pool in any area of inflammation. Excess blood in the head produces headaches, in the chest it produces coughs, various types of discomfort in the intestinal tract, and inefficient cleaning of the blood in the kidneys. The nervous system responds to messages from chilled areas with an alarm reaction.

### **PELVIC DISEASE**

Much of the feebleness which is suffered by women is the result of improper clothing of the extremities. Congestion of the pelvic organs can lead to cervicitis, dysmenorrhea, cervical polyps and malposition of the uterus. During pregnancy the placenta may not get a sufficient circulation of blood. As a result of a sluggish exchange of blood, the development of the fetus may be retarded. Vitality is expended unnecessarily to supply heat that is lost with insufficient clothing. Usually, proper dress also demands warm underclothing. Absorbent cotton for underclothing, not synthetic fabrics, are often required to meet all the various needs of the body.

### **OTHER ORGANS**

If the breasts are more warmly clothed than the extremities, the resulting increased temperature makes them susceptible to various diseases, from inability to nurse one's infant, to cystic disease and various tumors. The normal temperature of the breast is several degrees below that of the surrounding skin. Mammary thermograms show an increased breast

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temperature in breast cancer and many benign lesions. The undescended male testis is a similar glandular organ and has a much greater malignancy rate than the descended testis, because of increased surrounding body heat. It may be that the reason for the increase in testicular cancer is that the undescended testis is kept several degrees warmer than the scrotal testis, which is removed from the major portion of the body heat.

## VIRAL INFECTIONS

The susceptibility to viral infections is greatly increased if the extremities are not kept warmly clad at all times. Physicians describe normal skin as "warm and dry" except when one is actively sweating, and then it is described as "cool and moist". Bare arms or legs can rarely be defined by either of these descriptions. We have fixed macrophages (define) in the skin which are important for combating disease. If the blood can be flooded past these important structures, they assist in protecting against infection, particularly upper respiratory tract infections. (Last two sentences need to be clarified - does clothing the extremities properly help the blood to circulate past the macrophages - so that protection is enhanced?) Many diseases whose causes have been elusive are now considered to be virus diseases. These diseases include cancer, arthritis, ulcerative colitis, etc. We may lower the body's resistance to these types of disease by improperly clothing the extremities.

## SHOES

Shoes should be substantial, with low heels, and should not require gripping the toes in order to maintain the position of the shoe on the foot. A strap or tie which keeps the shoe on, and allows ample room for the toes, is the most healthful shoe. Remember to buy larger shoes in winter to accommodate woolen winter hose.

## HOW TO KEEP COOL

A. Dress against the heat.

1. Protect the skin from the direct rays of the sun with loose, cotton clothing that fully covers the arms and the legs. In countries where the weather is very hot, clothing is loose fitting and covers the body well.
2. Choose light colors that reflect the heat and thus keep the body cool.
3. Wearing long sleeves, in summer and winter, prevents the "alarm reaction" of the adrenals. This alarm causes a vigorous adjustment in the nervous system and the sensation of extreme overheating if even a light sleeve is worn (add-in warm weather.) The reaction is paradoxically characterized by an intolerance to covering the arms. It is an adaptation response of the nervous system to the stress of chilling.

B. Keep the head cool while in the sun by wearing a hat, avoiding the midday sun when possible, and by drinking plenty of water to promote free sweating.

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C. Eat lighter foods, emphasizing fresh fruits and vegetables. Heavy or sweet foods, fatty foods, or high protein foods cause much heat production.

D. Water. Perspiration can be promoted by drinking plenty of water. The skin and the lungs, which are the natural temperature controls of the body, can be much more efficient when an abundance of water is taken in.

### **BABY'S CLOTHING**

Babies experience much discomfort because of improper clothing. Many fretful babies are uncomfortable because of being handled on their bare skin, particularly in hot weather when a parent's hands may be sweaty and salty and make the baby's skin uncomfortable. In hot weather, a light, soft, loose cotton garment that covers the entire trunk and upper arms and thighs will be most comfortable.

Chilling of the baby's extremities may cause congestion in the abdomen, where even a tablespoon of extra blood may distressfully crowd the organs. If the baby is also wearing clothing with tight bands, either around the abdomen or thighs, the stage is set for colic.

### **When God told Women How to Dress!**

#### ***The "Reform Dress"***

- (1) Made by a precise or definite pattern
- (2) From 8-10 inches from the floor
- (3) High neck, arms and legs covered. The latter by lined, full pants tapering at the ankle; reaching below the "short dress."
- (4) It was loose-fitting so as not to reveal the woman's form [top or bottom]
- (5) It was healthful and modest
- (6) Inexpensive, and made of durable material
- (7) Convenient
- (8) Raised much prejudice
- (9) This dress was discarded. Instructions were given later not to promote the short dress with long pants unless we had the word of the Lord for it.

#### ***The "Less-Objectionable Dress"***

- (1) Made by no definite pattern or style.
- (2) No precise length given but was longer than the "short dress" and avoided the mud of the street. Approximately ankle length; the dress meets the shoe or ankle or boot.,
- (3) It was modest, covering the arms; with a loose-fitting jacket to cover the upper front body.

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(4) It was healthful. Lined pants or under pants were worn underneath the skirt to keep the legs at an even temperature without being exposed. The dress covered the pants completely. It was also loose-fitting, not revealing the woman's form (top or bottom).

(5) Inexpensive and durable material

(6) Convenient most of the time.

(7) Raised less prejudice.

(8) This would forever put the subject of dress lengths to rest as far as the Testimonies were concerned.