

GOSPEL OF HEALTH

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THE DRESS REFORM IN LIGHT OF HEALTHFUL BODY TEMPERATURE

98.6 degrees

Normal body temp is almost 100 degrees. At this temperature the body feels normal or cool. This temperature is a temperature of normalcy. The body by its own natural processes maintains this temperature. God's will is for us to work in cooperation with this natural process to aid in maintaining this body climate.

Traditional school of thought is to expose the limbs in hot climates and cover in cold. How would this assist in maintaining the natural body temperature?

First, understand that the body is designed to work quickly to maintain this 98.6 degrees. In heating of the body (like physical activity) sweat will flow from the billions of skin pores to cover the skin surface with a liquid coating that will naturally cool the body - if it is covered in a manner consistent with Gen 3:21. The Coat (covering that drapes the arms and legs as well as the torso) was God's plan to counteract the loss of man's robes of light lost by sin. It was the will of God to have this form of covering and it was a part of His redemption plan in maintaining man's natural (healthful) body processes -which also are the will of God expressed physiologically.

Clothing

The make and wear of a garment should be such as to prevent heat loss by conduction, yet not interfere with evaporation of perspiration. In choosing proper garments, attention must be paid to the quality and conducting power of the clothing.

Avoiding Conduction

A warm layer of air is an excellent non-conductor. Therefore loosely woven porous cloth is more desirable than non porous material. The air contained within it will afford a warmer "blanket" than the cloth itself. In light of this, also two thin garments are preferable to one garment even twice as thick, since the shield of warm air between the two sheets acts as a air jacket facilitating conservation of heat stored in water vapor next to the skin. Flannel underwear finds use year-round because of these qualities (Cotton tends, however, to be the best for underclothing).

Good Conductors lose heat easily and are therefore good for summer wear or in hot climates. Poor Conductors, on the other hand, retain heat as previously mentioned and are proper for cold weather. Let's list some of the well known materials in each category.

Good Conductors (HOT)

Cotton
Linen

Poor Conductors (COLD)

Silk
Sheep's Wool

It is interesting to note that after the fall of man God clothed them. The Bible says "Unto Adam also and to his wife did the Lord God make coats of skins, and clothed them." Genesis 3:21. Here we see not only the first use of garments but also the first sacrifice. Our Lord performed the first sacrificial offering, pointing forward to His death for the saving of all who would trust in Him from the just punishment of the law.

Forever would their very garments remind them of the terrible cost of transgression. The cost of their garments was more than the life of a lamb, but pointing symbolically to the Lamb of God who taketh away the sin of the world. How important for us to remember that the same sacrifice for our sin (Jesus, the Lamb) also provides a covering of protection for us (His Covering Righteousness) that we may have not only pardon, but power to "weather" the storms of temptation that burst upon us.

Notice that God set the example for man in performing the first ceremony and choosing the sacrifice - which would provide our covering or clothing. There is a deep symbolic lesson here that many overlook. This worship service provided the clothing. Does your relationship with the Creator affect your mode of dress? That is GOD'S PLAN! Also, the lamb that was slain provided through his death clothing for man! If the Lamb is Jesus and Jesus is the Word (John 1) - Does the Word of God dictate what is proper for you to wear? That is GOD'S PLAN!

Since the text reads "...God made coats of skins.." one may believe that the garments were fashioned from the skin and not the wool. It would be more accurate to see the use of both wool and skin in the text. The severe temperature changes in the world that came as a result of mans' transgression would necessitate both.

A Look At Wool

Wool, the hair fibers taken from sheep (the Lamb), can absorb large amounts of water without itself becoming wet (hygroscopic). Its natural oil sheds water easily, thus preventing chilling of the body. It is a material well suited to cold damp weather.

God has shown us how to work in harmony with our being and maintain proper circulation and temperature that is facilitated by proper diet and exercise (GOD'S PLAN). In cold weather clothing is layered to help the body maintain its normal temperature in contrast to the chilling winter air.

Exposure to these elements all require proper cover

Summer – Sun's Time – Cover needed from sun's rays to allow perspiration to cool body and protect from heat

Winter – Wind's Time - Cover needed to insulate from wind's chill and retain heat close to body

Spring – Rain's Time - Cover needed to protect from chilling rain's contact with skin surface which would drop temperature

Not allowing the cover of the body interrupts a vital step in the process of maintaining the circulation of heating blood flow and vital force (temperature) which allows health. Congestion of Blood and disturbance of free flow of nervous energy are main causes of disease.

Main areas for heat loss are the head and groin area. Torso being so close to vital organs also has abundance of blood and heat. Fashion exposes the area most remote from these advantages and designed to receive the most aid (arms and legs).