

# Thoughts on Reconditioning 1 of 2

## *The Missing Link*

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Study by W.D. Frazee—March 16,

In this total program there is with too many people, too many institutions a missing link. You are familiar with the statement in *Ministry of Healing* on page 127 that gives us a list of the true remedies. *Ministry of Healing* is the handbook for all who are interested in being medical missionaries.

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies” *Ministry of Healing*, page 127.

Tell me something, could you spell the word “remedy” without the letter “e”? Suppose you didn’t have an “e” could you spell it? No. Could you spell it without an “r”? Could you spell it without the letter “d”? Well now, if you had enough “r”s you could get along without the “d” or the “e” couldn’t you?

In human nutrition we have vitamin A, vitamin B, Vitamin C, Vitamin D, Vitamin E. Now if you have enough Vitamin A, you can get along without all the others, can’t you? No. But if you have enough of all the others can’t you get along without Vitamin A? No.

Can any vitamin take the place of another? No. And so there are ingredients in a health program, a life program each one of which is important. We might say it this way, the most important ingredient in the program for me to learn is the one that I don’t know. The most important link in the chain for me to help my patient is the one that he is unaware of, or the one that he is not doing. Do you see that?

If I were a typesetter and I was trying to set up “True Remedies” and I have lots of “r”s and I have lots of “e”s, but I don’t have a “u” and I look all over the box for a “u”, I would give a lot for a “u” wouldn’t I? Yes.

Suppose you had a type writer that had 25 letters on it. Pretty soon you would come to a word that you couldn’t spell? Right? Now all these illustrations are to impress us with this fact, there are various ingredients that God has put into the health program. No matter how enthusiastic we get about one of them, or two of them, or half a dozen of them, until we have gotten all of them, we are not going to get the full results.

Back to the question of nutrition. Not only is it impossible for one vitamin to take the place of another, it is also true that you are getting more benefit from all the other vitamins when you have the last vitamin added to the diet. And so it is in this

program of health. Whatever is the last one is going to produce spectacular results because it enhances all the rest.

Shouldn't we be interested in that last one? Any of you fellows ever unload a load of watermelons? Well I have helped to unload, and I have heard somebody say as they picked up the last one and tossed it to the next one that took it, and so on, "This is the one we have been looking for." You get the picture? What were they looking for when they started to unload the watermelon? The last one. Because we are not unloaded until we get the last one. And we are not on a real health program until we put every ingredient in.

Ah somebody says, "That looks discouraging." Oh no. The load of watermelons doesn't have 10,000 in it. We have eight listed here in *Ministry of Healing* page 127. I won't say there aren't some others that can't be added, but I will say that these are the great major ones.

I would like to have you look at them with me for a little while here. I would like to have you think as we are looking at them which one or ones are most likely to be missing in the ordinary person's life. Of course, sad to say, there are people who need all of them.

But let's bring them a little closer to home. Which one am I weak on? Which one do I need more of? Because in all this, remember, that these are lessons that only he who himself has learned can teach. We have to know these things, not merely in our heads, but in our lives in order to effectually teach them.

Now I would like to have you look at those eight remedies that are listed here and see if you find any of them whose initial letter we can put up here with these. You notice how I have put these "True Remedies" vertically.

T  
R  
U  
E  
  
R  
E  
M  
E  
D  
I  
E  
S

What do you think of when you see "T" up there? Trust. All right

T = Trust in divine power.

Now let's go to the very last letter down there. What is that? "S." Do you find anything in your list that will go with that? Sunlight. Let's put that down there.

S = Sunlight

Now does somebody else see one that you would like to put up there? “R” for rest. All right. “E” for exercise. Very well. “D” for diet. “U” for use of water. We need air. Well, what do we call the use of air in the body? Respiration. We can use that then for that second “R.” That takes care of air.

Now what do we have missing yet? Abstemiousness. All right. Turn to Philippians the fourth chapter and let’s see if we can find another word that is very similar, and, in fact, will probably mean more to most of your patients or guests. What is it? Moderation.

What does moderation mean? Temperance. Abstemiousness, moderation, temperance, each has its own shade of meaning, but this is the thought—don’t overdo anything. Quit before you have got too much. Is this important? Oh yes.

Now we have all eight up there don’t we?

T = Trust in divine Power

R = Rest

U = Use of Water

E = Exercise

R = Respiration

E

M = Moderation, abstemiousness

E

D = Diet

I

E

S = Sunlight

Now what letters do we have left? We have an “I” there haven’t we? Yes. And we have some “E”s. All right. Now I will tell you what I would like to do with everyone of those “E”s. Just make every one of them exercise. That is what I want to emphasize. I think this is the missing link in many a health program. There is many a member of the remnant church that calls himself a good health reformer and wonders why he doesn’t accomplish more in his life. This is the missing link. It is exercise. He is very careful about his diet. He can spend hours arguing about this little detail of diet and that one. But he is weak on exercise. All right.

Now all we have left is that “I.” Now I want you write down there next to the “I” W-I-L-L.

I = I will.

Unless you have this none of the rest will help very much. As Dr. Wilhelm Roth who has been the pioneer in this health conditioning program in America says,

“The question is which is stronger, pill-power, or will-power?”

Now this whole program depends upon which one of those? Will-power.  
Let's start right up there at the first

T = Trust in divine Power

R = Rest

U = Use of Water

E = Exercise

R = Respiration

E = Exercise

M = Moderation, abstemiousness

E = Exercise

D = Diet

I = I will

E = Exercise

S = Sunlight

I will trust. The Bible says that two or three times. I will trust. That is the way to trust, isn't it? Yes. And I will rest. We have to decide to rest. We are not supposed to go until overloaded nature just takes over and we fall in our tracks. There is a time to say "I will rest." Is that right? Yes. And I will use water. I will take a drink when I get up in the morning, and at proper times through the day. I will learn to use and will use water.

And I will what? I will exercise. Will you? You know one of the greatest muscles that most people use? Those used in talking and eating. Am I correct? Yes. But the Lord gave us a good many more muscles than that. Right? And on every one of them is written the law of what? Exercise. The curious mind and the obedient mind asks of every organ, "What is this for, dear Lord?" And every muscles speaks to the listening ear and the willing heart. What does it say? Exercise. Exercise. Exercise.

I wonder how many muscles we have in the body? Would it be more than a dozen? Yes. Would it be more than a score? Yes. Would it be more than a hundred? Yes. Think of it! And every one of them is telling us what? Exercise. But in order to exercise what must I do? I must will. Of course there are some muscles that are not under the control of the will, thank the Lord. I am glad my heart isn't dependent upon my will power. But oh this voluntary muscles all over and all through the body. I will. I will. I will. I will use my muscles to exercise.

All right. Respiration. Now part of respiration we can do whether we will or not. But to learn and practice deep breathing calls for what. The will. Here is an excellent habit if you haven't formed it all ready. Whenever you think about it take a deep breath.

But you say, "But I forget." Well, don't worry about that. Just do it when you remember. See. And if you will do it every time when you remember, you will be

remembering more often and you will be doing it more when you don't even think about it. I will. I will. I will.

And now comes that exercise. What do we say? I will. All right. And then what? Moderation. Many of these others we use the will in starting, but in moderation we use the will in what? Stopping. Does an automobile need a brake as well as the motor? Yes. The brake here is what? Moderation. I will not go so fast. I will stop when the time comes to stop. There are stop signs all along the highway of life. I will slow down. I will stop.

All right. Diet. Do we need will power there? Oh my, think of the dear overweight folks who come through the health conditioning program. There will be more coming from time to time. What do they need? Will power. And the will grows just as the muscle grows. It grows by using it. By exercise. I will. And I will do what? Exercise.

Sunlight. Do we need some will power to get out into it? Some people do. Yes. I will. I will go where the sun is shining. I will. All the way through.

All right. Now that may help you, at least help you to remember some things. And you may use it to help others at different times. But now I want you to share with you what I think is the great missing link in the whole program. It is exercise. But it is exercise in a package that includes two other things along with it. One is nature appreciation, and the other is spiritual lessons from nature and of course from the Bible too.

Now let's think of those three things as put together in one package. You know a triangle is one of the strongest arrangements that an engineer can make. I want you to think of the three sides of this triangle—exercise, nature, spiritual life. Can we get those all in one package? Where? On the trail. On the trail.

Turn in your book *Ministry of Healing* again to this chapter on the use of remedies that we are studying today. There are some sentences when you get to looking at them, they stand out on the page like they had been written in letters of gold. Now this is talking about a particular class of patients, but when you read the paragraph you will see that includes many people. But it is this last sentence that I want you to notice:

“Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery”  
*Ministry of Healing*, page 237.

What is the last word? Recovery. What is the first word in the sentence? Roaming. And all that is in between is to connect those two things. Recovery is the goal, roaming is the road to get there. Roaming where? Through the fields and the woods.

Do we have any fields around here? Yes. We have a hundred acres of them. Do we have any woods? Yes we have about five hundred acres of that. I want to

tell you something, folks, if we didn't have that, the fields and the woods, I would say let's move fast. Let's get a different location. I would no more try to take care of people on the program that you and I are studying without these essential facilities than I would try to take care of gall bladders and broken bones without a surgery. These are our facilities. The fields and woods.

But now may I by contrast call attention to this. It doesn't say walking up and down the halls. Now that is better than lying in bed. And that is all some people can do. But no amount of indoor exercise can in itself accomplish what this sentence is talking about.

All right.

"Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery" *Ibid*.

Toward their what? Their recovery. Now perhaps we had better get the setting of it because this is not talking about the way to cure a broken bone. Roaming through the fields isn't the way to set a broken bone. This is the way to deal with a broken heart. A wearied mind. And we know that those things lie at the foundation of nine tenths of all the diseases from which men suffer.

Now you notice back from page 236:

"Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet, are essential to restoration of health" *Ibid*, page 236.

What does a "spare diet" mean? Simple. Restricted.

"To those who are brain weary and nervous because of continual labor and close confinement, a visit to the country..." *Ibid*.

Can't you just hear the sounds, Eden Valley, Wildwood, a few more.

"...a visit to the country, where they can live a simple, carefree life, coming in close contact with the things of nature, will be most helpful" *Ibid*.

Now our sentence.

"Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery" *Ibid*.

You know, folks, if to do that costs a thousand dollars more of it would be going on right now than there is. That is correct. Now we hear people mourn because there isn't more hydrotherapy. My dear friends, it is easier to get

hydrotherapy even in this backslidden day then it is to get this. Do you know what is the matter? It is too simple. That is number one. That is the biggest thing. Number two? It takes time. And the human mind is looking for the complex instead of the simple, and for a short time instead of that which is time-consuming.

But there is no capsule, either in the form of a pill or any other kind of capsule, there is no time capsules that can do this. It takes time. Time. Time. That first word suggests that. How would you take a three minute roam? How would you?

“Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more that any other agency toward their recovery” *Ibid.*

Listen. This is my closing thought. The book of nature, like the Bible, for most people needs an interpreter. That Ethiopian that was riding in the chariot was reading one of the most wonderful chapters in the Bible, the fifty-third of Isaiah. But when Philip asked him, “Do you understand what you are reading?” What did he say? “How can I accept some man should guide me.”

It isn't enough to just give them the Bible and say, “Read that. That will tell you everything.” If that were so, what would be the need of soul winning? “How can I accept some man should guide me?” But the book of nature, like the Bible, needs somebody to come along and help people to learn to read and to understand and appreciate.

That is your job. That is what a coach is. Somebody who can go out on the trail and make exercise and nature study and spiritual life three parts of one experience. May God bless you in it. This is the missing link. And when it is supplied, it gives meaning to all the rest of the program.

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W.D. Frazee Sermons  
P.O. Box 129, Wildwood, GA 30757  
1-800-WDF-1840 / 706-820-9755  
[www.WDFsermons.org](http://www.WDFsermons.org)  
[support@WDFsermons.org](mailto:support@WDFsermons.org)