

**LETTERS FROM GRANDPA**  
**# 345**

Dearest grandchild,

Today's letter will deal health tips from the book of Proverbs. These insights come from the late Dr. Garland Bare. He was a spiritual giant born to missionary parents on the Thai-Tibetan border. He grew up speaking three languages and as a missionary doctor and surgeon became fluent in two more. He labored in the jungles of Thailand for many years. (FYI, He dedicated a book on his early childhood to your cousin Joshua) Once, while interviewing Dr. Bare on the radio, he pointed out that six of our modern health problems are nothing new. In fact, they were the same problems dealt with by wise King Solomon in the book of Proverbs 3,000 years ago. Here is the list he gave, but not necessarily in the order of their importance.

1. Inactivity – The lack of exercise was and is a major health problem. It is a contributing factor in many illnesses related to the heart, lungs, and circulatory system. The Nov. 20, 2018 issue of *Heart Health* charges that 80% of Americans don't get enough exercise. Proverbs deals with this problem over and over. Here is just one example: **“The desire of the slothful killeth him; for his hands refuse to labor” (Prov. 21:25).**
2. Overeating – Dr. Bare stated that statistically speaking, obesity is a bigger health problem in America than cancer. He said that if all Americans were at their proper weight our life expectancy would be increased more than if we were all immediately cured of cancer. Solomon said: **“Put a knife to thy throat, if thou be a man given to appetite” (Prov. 23:2).**
3. Substance abuse – Alcohol and drug abuse are a major health problem in America. Among many other ways, substance abuse manifests itself in illnesses, car wrecks, and crime. It has ruined countless lives and is a major source of illegal money and death associated with drug cartels. Solomon said it like this: **“Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine . . .” (Prov. 23:29-30).**
4. Sexual immorality – Sexual immorality has always been associated with disease. The CDC fact sheet reports that in 2019 there were 2,554,908 cases of STDs reported in the United States. Unfortunately, many cases of chlamydia, gonorrhea, and syphilis are undiagnosed and therefore unreported. Other STDs such as the human papillomavirus and herpes simplex virus are also routinely not reported. Of the 1.1 million people in the U.S. with AIDS roughly 15% are unaware of their illness. In other words, our problem with STDs is worse than the statistics indicate. Solomon warned about this too. Here is an example for immoral women to consider: **“. . .her end is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death; her steps lead straight to the grave” (Prov. 5:4-5).** Here is also a warning for immoral men: **“A man who commits adultery lacks judgment; whoever does so destroys himself” (Prov. 6:32).**
5. Accidents – The CDC reports that there are 466 accidental deaths in the U.S. every day. In 2017 these accidental deaths numbered 169,936. This is the highest number recorded in U.S. history. Here are the 10 top causes of accidental death (1) Poisoning (2) Car wrecks (3) Falls (4) Suffocation (5) Drowning (6) Fires (7) Mechanical suffocation (8) Natural heat and cold (9) Impacts from flying objects (10) Machinery. Solomon said: **“. . . keep sound wisdom and discretion: So shall they be life unto thy soul, and grace unto thy neck. Then shalt thou walk in thy way safely, and thy foot shall**

**not stumble. When thou liest down, shalt thou not be afraid, yea, thou shalt lie down, and thy sleep shall be sweet” (Prov. 3:21-24).**

6. Stress – Stress breaks down the immune system so that the victim becomes vulnerable to physical and emotional illness. While stress is everywhere, we will focus on stress in the family. It is here we have our best chance of positive change. Stress in the family can come from:

- A dictatorial husband - **“A hot tempered man stirs up dissension, but a patient man calms a quarrel” (Prov. 15:18).**
- A contentious wife - **“Better to live on the corner of the roof than share a house with a quarrelsome wife” (Prov. 21:9).**
- A rebellious child - **“He who robs his father and drives out his mother is a son who brings shame and disgrace” (Prov. 19:26).**
- Noah built an ark to save his family (Heb. 11:7). What are you doing to save yours? The task is not easy. Conventional wisdom indicates that it took Noah 120 years to build the ark (Gen. 6:3). Please start today and do everything you can to relieve stress in your own family!

Obviously there are other health problems not mentioned in the book of Proverbs. These six, however, are at least a starting point. The Scriptures teach that your body is a temple of the Holy Spirit: **“Do you not know that your body is a temple of the Holy Spirit, who is in you whom you have received from God? You are not your own, you were bought at a price. Therefore honor God with your body” (1 Cor. 6:19-20).** Our English word “profane” comes from the Latin word “profanus”. (pro = before and fanum = temple). Worshipers knew better than to take anything ungodly into the temple. We too need to remember that anything that does not honor God is “profane”. It must be left “outside of the temple”. Consequently, anything that is not good for you has no business in or on your body!

Please honor God in your body and in your spirit which are the Lords!

I love you,

Grandpa Boyces