



THE REFORMS

## The NEWSTART hymn

Sr. Edna Twara

Kenya Division

EW: 16

Tune: SDAH 254

**-1-**

The Great Physician now is near,  
Our sympathizing Jesus;  
The health reform He's given us,  
For wholesome strength and good cheer.

**-Refrain-**

Obey now all the health laws,  
Obey now the Rod message,  
Living by reforms revealed,  
Only power of healing.

**-2-**

Learning to make nutritious food,  
Saves many souls we're losing;  
We should steer clear of poor cooking,  
A sacred duty so good.

**-3-**

Each day you need sufficient rest,  
Sunshine, fresh air and water;  
Exercise is a great matter,  
Be temperate and be honest.

**-4-**

We should on time amend our ways,  
Trusting in God for support;  
Let every deed and word and thought,  
Reveal the Saviour always.