

“Man shall not live by bread alone, but by EVERY word that proceedeth out of the mouth of God.” Matt. 4:4  
Do we believe that? We have been blessed with an abundance of information to prepare us for the times we are living in, to be faithful witnesses to others, to be ready to meet the Lord, and to be ready to live with the holy heavenly beings and God Himself.

We will be exploring some of the instructions God has given to strengthen our resistance to disease in a series of articles. When we apply all of it to our lives, the blessings are multiplied. The good news is that none of this is rocket science or difficult to do. “For my yoke is easy, and my burden is light.” Matt. 11:30 We can do ALL things through Christ who strengthens us. (Phil. 4:13)

## REGULARITY IN EATING

Temperance not only involves what we eat and drink or how much, but **WHEN** we eat and drink. Even though some of the statements below are from the book, Child Guidance, the counsel applies to all age groups. If ever there was a time to have our bodies functioning at optimum levels, it is NOW. If we are eating whole, unprocessed plant foods, they will nourish our bodies so that spacing meals at least five hours apart is not difficult. This is extremely important information for the times we are living in. Remember the power that is in God’s word to help you achieve His will. With God all things ARE possible. This instruction is our hedge of protection. What a loving God!

“Rest Needed by the Stomach - The stomach must have careful attention. It must not be kept in continual operation. Give this misused and much-abused organ some peace and quiet and rest. After the stomach has done its work for one meal, do not crowd more work upon it before it has had a chance to rest and before a sufficient supply of gastric juice is provided by nature to care for more food. Five hours at least should elapse between each meal, and always bear in mind that if you would give it a trial, you would find that two meals are better than three.” {CD 173.1}

“Regularity in Eating.--Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness.

In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal and has not vital force for the new work. Thus the system is overtaxed.

Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. If all would eat at regular periods, not tasting anything between meals, they would be ready for their meals and would find a pleasure in eating that would repay them for their effort.

Teach Children When, How, and What to Eat.-- Children are generally untaught in regard to the importance of when, how, and what they should eat. They are permitted to indulge their tastes freely, to eat at all hours, to help themselves to fruit when it tempts their eyes; and this, with the pie, cake, bread and butter, and sweetmeats eaten almost constantly, makes them gourmands and dyspeptics. The digestive organs, like a mill which is continually kept running, become enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened. The unnatural stimulation and wear of the vital forces make them nervous, impatient of restraint, self-willed, and irritable. They can scarcely be trusted out of their parents' sight. In many cases the moral powers seem deadened, and it is difficult to arouse them to a sense of the shame and grievous nature of sin; they slip easily into habits of prevarication, deceit, and often open lying.

Parents deplore these things in their children, but do not realize that it is their own bad management which has

brought about the evil. They have not seen the necessity of restraining the appetites and passions of their children, and they have grown and strengthened with their years. Mothers prepare with their own hands and place before their children food which has a tendency to injure them physically and mentally.

Never Eat Between Meals.-- Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work and will then be in a condition to receive more food.

Mothers make a great mistake in permitting them [their children] to eat between meals. The stomach becomes deranged by this practice, and the foundation is laid for future suffering. Their fretfulness may have been caused by unwholesome food, still undigested; but the mother feels that she cannot spend time to reason upon the matter and correct her injurious management. Neither can she stop to soothe their impatient worrying. She gives the little sufferers a piece of cake or some other dainty to quiet them, but this only increases the evil. . . .

Mothers often complain of the delicate health of their children, and consult the physician; when, if they would but exercise a little common sense, they would see that the trouble is caused by errors in diet.

Late "Snacks" a Pernicious Habit.--Another pernicious habit is that of eating just before bedtime. The regular meals may have been taken; but because there is a sense of faintness, more food is taken. By indulgence this wrong practice becomes a habit and often so firmly fixed that it is thought impossible to sleep without food. As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits late suppers are particularly harmful. With them the disturbance created is often the beginning of disease that ends in death." Child Guidance pp 387 - 390

"Children are also fed too frequently, which produces feverishness and suffering in various ways. The stomach should not be kept constantly at work, but should have its periods of rest. Without it children will be peevish and irritable and frequently sick." CD 229 Remember, that this applies to adults too.

"Many turn from light and knowledge, and sacrifice principle to taste. They eat when the system needs no food, and at irregular intervals, because they have no moral stamina to resist inclination. As the result, the abused stomach rebels, and suffering follows. Regularity in eating is very important for health of body and serenity of mind. Never should a morsel of food pass the lips between meals" {CD 180.4}

IN SUMMARY - God has built rest periods into all of His creation and that includes all of our body organs. Let them have the proper rest between meals and you will have much greater resistance to disease. It is that simple!

"Men need to learn that the blessings of obedience, in their fullness, can be theirs only as they receive the grace of Christ. It is His grace that gives man power to obey the laws of God. It is this that enables him to break the bondage of evil habit. This is the only power that can make him and keep him steadfast in the right path." {MH 115.1}

HIGHLY RECOMMENDED LIFE SAVING READING by E. G. White

Counsels on Diet and Foods  
Counsels of Health  
Ministry of Healing  
Temperance