

Eating Between Meals

Never Eat Between Meals.--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. . . . {CG 389.1}

After the regular meal is eaten, the stomach should be allowed to rest for five hours. 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. {CG 389.2}

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. . . . {CG 389.3}

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. {CG 389.4}

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.** {CG 389.5}

PERNICIOUS, a.

1. Destructive; **having the quality of killing,** destroying or injuring; **very injurious** or mischievous. Food, drink or air may be pernicious to life or health.

The stomach must have careful attention.... After it 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. Five hours at least should be given between each meal, and always

bear in mind that if you would give it a trial, you would find two meals better than three.—Unpublished Testimonies, August 30, 1896. {HL 83.6}

A second meal should never be eaten until the stomach has had time to rest from the labor of digesting the preceding meal.—How to Live, 55. {HL 84.1}

I am astonished to learn that, after all the light that has been given in this place, many of you eat between meals! You should **never let a morsel pass your lips, between your regular meals**. Eat what you ought, but eat it at one meal, and then wait until the next meal. I eat enough to satisfy the wants of nature; but my appetite, when I get up from the table, is just as good as when I sat down. And when the next meal comes, I am ready to take my portion, and no more. Should I eat a double amount now and then, because it tastes good, how could I bow down, and ask God to help me in my work of writing, when I could not get an idea on account of my gluttony? Could I ask God to take care of that unreasonable load upon my stomach? That would be dishonoring him. That would be asking to consume upon my lust. Now I eat just what I think is right, and then I can ask him to give me strength to perform the work that he has given me to do. And I have known that my prayers have been answered. I have known that Heaven has heard my prayer, when I have offered this petition. {T18 29.1}

It is quite a common custom with the people of the world to eat three times a day, besides eating at irregular intervals between meals; and the last meal is generally the most hearty, and is often taken just before retiring. **This is reversing the natural order; a hearty meal should never be taken so late in the day.** Should these persons change their practise, and eat but two meals a day, and **nothing between meals**, not even an apple, a nut, or any kind of fruit, the result would be seen in a good appetite and greatly improved health.—The Review and Herald, July 29, 1884. {HL 84.2}