

LIQUID/ HOT/COLD FOODS ~ JUICING (liquid) Veges Acceptable?? And what about mixing fruit in with vegetable juices for “smoothies? Please see Sister White’s counsel against mixing fruits and vegetables at same meal.

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. **Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. In fact, **the more liquid** there is taken with the meals, the more difficult it is for the food to digest; for the liquid must be absorbed before digestion can begin. **Do not eat largely of salt, avoid the use of pickles** and **spiced foods, eat an abundance of fruit,** and the irritation that calls for so much drink at mealtime will largely disappear. **Food should be eaten slowly and should be thoroughly masticated.** This is necessary in order that the saliva may be properly mixed with the food and the digestive fluids be called into action. 397 {CCh 224.5} (MH 306)**

Very hot food ought not to be taken into the stomach. Soups, puddings, and other articles of the kind, are often eaten too hot, and as a consequence the stomach is debilitated. Let them become partly cooled before they are eaten.—The Review and Herald, July 29, 1884. {HL 91.1}

I do not approve of eating much cold food, for the reason that the vitality must be drawn from the system to warm the food until it becomes of the same temperature as the stomach before the work of digestion can be carried on.—Testimonies for the Church 2:603. {HL 91.2}

Solid foods requiring mastication will be far better than **mush or liquid foods**. I dwell upon this as essential. I send my warning to the College at Battle Creek, to go from there to all our institutions of learning. Study up on these subjects, and let the students obtain a proper education in the preparation of wholesome, appetizing, solid foods that nourish the system. They do not have now, and have not had in the past, the right kind of training and education as to the most **healthful food** to make **healthful sinews and muscle**, **and give nourishment to the brain and nerve powers**. FE 227

A Scotchman is launching **a new form of vegetarianism in Paris**. Its members **eat and drink nothing but uncooked vegetable foods** and **natural liquids**. {June 21, 1894 EJW, PTUK 398.13}

***Notice in 1894, a Scotchman came up with **the raw diet in food and drink**. THIS DID NOT

COME FROM ADVENTISTS. IF THIS WAS THE DIET FOR US, GOD WOULD HAVE GIVEN ELLEN THAT COUNSEL IN 1863 WHEN HE GAVE HER THE HEALTH MESSAGE.

The dishes of soft foods, the **soups and liquid foods**, or the free use of meat, are **not the best to give healthful muscles, sound digestive organs, or clear brains.** O how slow we are to learn! FE 226

So much liquid taken into the stomach was not healthful, and that all who subsisted on such a diet placed a great tax upon the kidneys, and so much watery substance debilitated the stomach. {CD 105.2} (referring to soup and coffee- would include vege juice)

Many are going directly contrary to the light which God has given to His people, **BECAUSE THEY DO NOT READ THE BOOKS WHICH CONTAIN THE LIGHT AND KNOWLEDGGE IN CAUTIONS, REPROOFS, AND WARNINGS...** {4T 391.1/390.3}