

Regularity in Eating

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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. {CG 387.4}

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. {CG 387.5}

Food taken into the stomach at untimely seasons leaves an influence on every fiber of the system.—The Health Reformer, June 1, 1878. {HL 86.3}

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. {CTBH 50.1}

Regularity in eating should be carefully observed. Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. **Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness.** And when the children come to the table, they do not relish wholesome food; their appetites crave that which is hurtful for them. {MH 384.3}

Regularity in eating is of vital importance. **There should be a specified time for each meal.** At this time let everyone eat what the system requires and then take nothing more until the next meal. There are many who eat when the system needs no food, at irregular intervals, and between meals, because they have not sufficient strength of will to resist inclination. When traveling, some are constantly nibbling if anything eatable is within their reach. This is very injurious. If travelers would eat regularly of food that is simple and nutritious, they would not feel so great weariness nor suffer so much from sickness. {MH 303.2}