

NEWSTART +6

Cleanliness, Hygiene & Sanitation

Website: Healthy Christian Living - Living by the Blueprint

BIBLE:

3 John 2 – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

SOP:

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” (MH 127.1-.2)

“God's remedies are the simple agencies of nature, that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God, are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and CLEAN, SWEET PREMISES, are within the reach of all...” {CD 301.2}

“THE HEALTH REFORM IS AN IMPORTANT PART OF THE THIRD ANGEL'S MESSAGE; and AS A PEOPLE PROFESSING HEALTH REFORM, WE SHOULD NOT RETROGRADE, but MAKE CONTINUAL ADVANCEMENT...” {ML 128.2}

“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“...become more intelligent in regard to the laws of life...” {11MR 187.3}

EDUCATE IN REGARD TO THE LAWS OF LIFE:

“...Educate people in regard to the laws of life ...” {GCDB, January 30, 1893 par. 2}

WHY?

“...Educate people in the laws of life so that they may know how to preserve health...” {MM 259.3}

“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...” (MH 128.1)

“True religion and the laws of health go hand in hand...” (7T 137.1)

“You are to apply the laws of life and health to your own case. In violating the laws of health...you misrepresent your maker...” {KC 20.4}

“...Thousands of children die through the ignorance of their parents regarding the laws of hygiene.” {CT 126.1}

BIBLE:

Galatians 5:19-21 – “Now the works of the flesh are manifest, which are these;

Adultery, fornication, **uncleanness**, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, ²¹ Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.”

2 Corinthians 7:1 – “Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, **perfecting holiness in the fear of God.”**

SOP:

“To become intelligent upon the subject of hygiene is the duty of every family professing to believe present truth.” {CTBH 155.1}

“We desire to encourage as many as possible to act their part individually in living healthfully. We desire to encourage the sick to discard the use of drugs, and to substitute **the simple remedies provided by God, as they are found in water, in pure air, in exercise, and IN GENERAL HYGIENE.**” {2SAT 289.3}

“Our heavenly Father sees the deplorable condition of men who, many of them ignorantly, are disregarding the principles of hygiene. And **it is in love and pity to the race that He causes the light to shine upon health reform. He publishes His law and its penalties, in order that all may learn what is for their highest good...**” {CH 21.1}

“The knowledge that **man is to be a temple for God, a habitation for the revealing of His glory,** should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and **He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement.**” {MH 271.1}

“If we would have our homes the abiding place of health and happiness we must place them above the miasma and fog of the lowlands, and give free entrance to heaven's life-giving agencies. **Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine...**” {MH 275.3}

TEACHERS TO TEACH HYGIENE

“Special attention should be paid to ventilation and sanitation. The teacher should put into practical use in the schoolroom the knowledge of the principles of physiology and hygiene...” (CT 298.3)

“In the study of hygiene the earnest teacher will improve every opportunity to show the necessity of perfect cleanliness both in personal habits and in all one's surroundings. **The value of the daily bath in promoting health and in stimulating mental action, should be emphasized.** Attention should be given also to sunlight and ventilation, the hygiene of the sleeping room and the kitchen. Teach the pupils that a healthful sleeping room, a thoroughly clean kitchen, and a tastefully arranged, wholesomely supplied table, will go further toward securing the happiness of the family and the regard of every sensible visitor than any amount of expensive furnishing in the drawing room...” {Ed 200.1}

MOTHERS TO TEACH HYGIENE:

“Children should be early taught, in simple, easy lessons, the rudiments of physiology and hygiene. The work should be begun by the mother in the home and should be faithfully carried forward in the school.

As the pupils advance in years, instruction in this line should be continued until they are qualified to care for the house they live in. **They should understand the importance of guarding against disease by preserving the vigor of every organ** and should also be taught how to deal with common diseases and accidents. Every school should give instruction in both physiology and hygiene, and, so far as possible, should be provided with facilities for illustrating the structure, use, and care of the body.” {Ed 196.2}

“...**They need to become acquainted with physiology and hygiene; they should understand the laws that govern physical life, and their bearing upon the health of mind and soul.**” {6T 376.1}

MINISTERS:

“**Here, according to the light that has been given me, there has been a manifest neglect among our people. Ministers sometimes stand in the desk with their hair in disorder, looking as if it had been untouched by comb and brush for a week...**” (2T 613.2)

“**A great amount of suffering might be saved if all would labor to prevent disease, by strictly obeying the laws of health. Strict habits of cleanliness should be observed.** Many, while well, will not take the trouble to keep in a healthy condition. **They neglect personal cleanliness, and are not careful to keep their clothing pure. Impurities are constantly and imperceptibly passing from the body, through the pores, and if the surface of the skin is not kept in a healthy condition, the system is burdened with impure matter. If the clothing worn is not often washed and frequently aired, it becomes filthy with impurities which are thrown off from the body by sensible and insensible perspiration.** And if the garments worn are not frequently cleansed from these impurities, **the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood and forced upon the internal organs.** Nature, to relieve herself of poisonous impurities, makes an effort to free the system. This effort produces fevers and what is termed disease. **But even then, if those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented. But many, instead of doing this, and seeking to remove the poisonous matter from the system, take a more deadly poison into the system, to remove a poison already there.**” {CH 61.2}

NO DECAYED MATTER TO BE NEAR OR ON THE PREMISES:

“**If every family realized the beneficial results of thorough cleanliness, they would make special efforts to remove every impurity from their persons and from their houses, and would extend their efforts to their premises. Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances an effluvium that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased. Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances.**” {CH 62.1}

“**Families have been afflicted with fevers, some of their members have died, and the remaining portion of the family circle have almost murmured against their Maker because of their distressing bereavements, when the sole cause of all their sickness and death has been the result of their own carelessness. The impurities about their own premises have brought upon them contagious diseases and the sad afflictions which they charge upon God. Every family that prizes health should cleanse their houses and their premises of all decaying substances.**” {CH 62.2}

“**God commanded that the children of Israel should in no case allow impurities of their persons or of their clothing. Those who had any personal uncleanness were shut out of the camp until evening, and then were required to cleanse themselves and their clothing before they could enter the camp.**”

Also they were commanded of God to have no impurities upon their premises within a great distance of the encampment, lest the Lord should pass by and see their uncleanness.” {CH 62.3}

In regard to cleanliness, **God requires no less of His people now than He did of ancient Israel. A NEGLECT OF CLEANLINESS WILL INDUCE DISEASE. Sickness and premature death do not come without cause.** Stubborn fevers and violent diseases have prevailed in neighborhoods and towns that had formerly been considered healthy, and some persons have died, while others have been left with broken constitutions, to be crippled with disease for life. In many instances their own yards contained the agent of destruction, which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. The slackness and recklessness sometimes witnessed is beastly, and the ignorance of the results of such things upon health is astonishing. Such places should be purified, especially in summer, by lime or ashes, or by a daily burial with earth.” {CH 63.1}

CHILDREN SHOULD BE NEAT, CLEAN, & TIDY:

My Dear Children, Henry and Edson: **I will now write some things which are the opposite of slovenly and careless habits,** copied from the same book from which the extract in my former letter was taken:” {AY 72.2}

“The neat, orderly and careful boy has an invariable rule; ‘A PLACE FOR EVERYTHING, AND EVERYTHING IN ITS PLACE.’ Go into his room at any hour, you will find everything in order. He can go in the dark and lay his hands upon anything that he wants, so that he never runs the risk of setting the house on fire by carrying a light into his bed-room. He never leaves a thing at random where he happens to be using it, but ALWAYS PUTS IT WHERE IT BELONGS. When he undresses, every article of his clothing is folded and laid together in the order that it will be wanted in the morning, so that he loses no time in hunting for it. He is equally careful of his person. He never considers himself dressed, till he has washed his hands and face, cleaned his teeth, and combed his hair; and he never thinks of setting down to the table with dirty hands. He learns to keep his clothes neat and clean. He never forgets to use the scraper at the door, to remove the mud from his feet, and he makes it an invariable rule never to pass a mat without wiping his shoes. He never says, like the sloven, ‘I didn't think,’ to excuse himself. He would consider it unpardonable in him not to think; for what is the ability of thinking worth, if it never comes when it is wanted. The neat, orderly boy makes himself agreeable to his mother, or guardian, and friends, who are always glad to see him coming home. And home is a delightful place to him, because he meets with smiles and pleasant words. But the sloven exposes himself to sour looks and chiding, by his dirty habits; and he finds home a disagreeable place, because he makes it so.” {AY 72.3}

SCRUPULOUS CLEANLINESS

“Scrupulous **cleanliness is essential to both physical and mental health.** Impurities are constantly thrown off from the body through the skin. Its millions of pores are quickly clogged unless kept clean by frequent bathing, and the impurities which should pass off through the skin become an additional burden to the other eliminating organs.” {CG 108.2}

“Most persons would receive benefit from a cool or tepid bath every day, morning or evening. Instead of increasing the liability to take cold, a bath, properly taken, fortifies against cold, because it improves the circulation...It is important also that the clothing be kept clean. The garments worn absorb the waste matter that passes off through the pores; if they are not frequently changed and washed, the impurities will be reabsorbed.” {CG 108.3}

“EVERY FORM OF UNCLEANLINESS TENDS TO DISEASE. Death-producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must.

No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder. **Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home.**" (MH 276.1-5)

ELDERLY WATCH OVER ARE TO BE KEPT NEAT & CLEAN

"My children are as well as usual. Father and Mother are living with us, and they seem so contented and happy. They take care of their room, but eat with us. You don't know what a weight of care is removed from me, since I can watch over these two aged children. Mother does just as I wish her to, follows every suggestion I make. **I dress her up neat as wax, comb her hair, and she looks like a nice, venerable old lady.** Father also tries to please us in every way. **We fix him up and he looks real nice.**" {RY 59.2}

THE RIGHT OF EVERY DAUGHTER OF EVE:

"It is the right of every daughter of Eve to have a thorough knowledge of household duties, to receive training in every department of domestic labor. Every young lady should be so educated that if called to fill the position of wife and mother, she may preside as a queen in her own domain. She should be fully competent to guide and instruct her children and to direct her servants, or, if need be, to minister with her own hands to the wants of her household. It is her right to understand the mechanism of the human body and the principles of hygiene, the matters of diet and dress, labor and recreation, and countless others that intimately concern the well-being of her household. It is her right to obtain such a knowledge of the best methods of treating disease that she can care for her children in sickness, instead of leaving her precious treasures in the hands of stranger nurses and physicians." {AH 87.3}

"...a neglect to properly care for the body, is the cause of much of the disease on our world. A failure to care for the living machinery is an insult to the Creator. There are divinely appointed rules which, if observed, will keep human beings from disease and premature death..." {MM 49.2}

"Give Attention to the Principles of Hygiene.--The principles of hygiene as applied to diet, exercise, the care of children, the treatment of the sick, and many like matters should be given much more attention than they ordinarily receive." {AH 89.4}

"Before taking upon themselves the possibilities of fatherhood and motherhood, men and women should become acquainted with the laws of physical development--with physiology and hygiene, with the bearing of prenatal influences, with the laws of heredity, sanitation, dress, exercise, and the treatment of disease; they should also understand the laws of mental development and moral training..." {CG 63.3}

"Never will education accomplish all that it might and should accomplish until the importance of the parents' work is fully recognized, and they receive a training for its sacred responsibilities." {CG 64.1}

"...A knowledge of physiology and hygiene should be the basis of all educational effort." {CG 360.4}

"Children should be early taught, in simple, easy lessons, the rudiments of physiology and hygiene. The work should be begun by the mother in the home and should be faithfully carried forward in the school.

As the pupils advance in years, instruction in this line should be continued until they are qualified to care for the house they live in. They should understand the importance of guarding against disease by preserving the vigor of every organ and should also be taught how to deal with common diseases and accidents." {CG 362.3}

“We have special duties resting upon us. We should be acquainted with our physical structure and the laws controlling natural life. While Greek and Latin, which are seldom of any advantage, are made a study by many, physiology and hygiene are barely touched upon. The study to which to give thought is that which concerns natural life, a knowledge of oneself. . . . It is the house in which we live that we need to preserve, that we may do honor to God who has redeemed us ...” {HL 13.5}

Chapter XXIV. - Hygiene

HYGIENE OF THE HOME AND PREMISES

612. “Dwellings, if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.” --H. to L., Chap. 4, p. 64. {HL 140.1}

613. “If every family realized the beneficial results of thorough cleanliness, they would make special efforts to remove every impurity from their persons and from their houses, and would extend their efforts to their premises. Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from the decayed substances an effluvium that is poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased.” --H. to L., Chap. 4, p. 60. {HL 140.2}

615. “Shade-trees and shrubbery too close and dense around a house are unhealthful; for they prevent a free circulation of air, and prevent the rays of the sun from shining through sufficiently. In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade-trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard, beautiful with scattering trees, and some shrubbery at a proper distance from the house, has a happy, cheerful influence upon the family, and if well taken care of, will prove no injury to health.” --H. to L., Chap. 4, p. 64. {HL 141.1}

616. “Rooms that are not exposed to light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms is poisonous, because it has not been purified by light and air. Various diseases have been brought on by sleeping in these fashionable, health-destroying apartments...Sleeping-rooms especially should be well ventilated, and the atmosphere made healthful by light and air. Blinds should be left open several hours each day, the curtains put aside, and the room thoroughly aired; nothing should remain, even for a short time, which would destroy the purity of the atmosphere.” --H. to L., Chap. 4, p. 62. {HL 141.2}

617. “Sleeping apartments should be large and so arranged as to have a circulation of air through them day and night.” --H. to L., Chap. 4, p. 63. {HL 142.1}

618. “Rooms that are not freely ventilated daily, and bedding that has not been thoroughly dried and aired, are not fit for use. We feel confident that disease and great suffering are brought on by sleeping in rooms with closed and curtained windows, not admitting pure air and the rays of the sun. . . . The room may not have had an airing for months, nor the advantages of a fire for weeks, if at all. It is dangerous to health and life to sleep in these rooms until the outside air shall have circulated through them for several hours and the bedding shall have been dried by the fire. Unless this precaution is taken, the rooms and bedding will be damp. Every room in the house should be thoroughly ventilated every day, and in damp weather should be warmed by fires. . . . Every room in your dwelling should be daily thrown open to the healthful rays of the sun,

and the purifying air should be invited in. This will be a preventive of disease. . . . If all would appreciate the sunshine, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented. The confined air of unventilated rooms meets us with sickening odors of mildew and mold, and the impurities exhaled by its inmates. . . . The emanations from damp, moldy rooms and clothing are poisonous to the system." --H. R. {HL 142.2}

HYGIENE OF THE PERSON

620. "In regard to cleanliness, God requires no less of his people now than he did of ancient Israel. A neglect of cleanliness will induce disease." --H. to L., Chap. 4, p. 61. {HL 143.2}

621. "The Ten Commandments spoken by Jehovah from Sinai cannot live in the hearts of persons of disorderly, filthy habits. If ancient Israel could not so much as listen to the proclamation of that holy law, unless they had obeyed the injunction of Jehovah, and had cleansed their clothing, how can that sacred law be written upon the hearts of persons who are not cleanly in person, in clothing, or in their houses? It is impossible. Their profession may be as high as heaven, yet it is not worth a straw. . . . All who meet upon the Sabbath to worship God should, if possible, have a neat, well-fitting, comely suit to wear in the house of worship. It is a dishonor to the Sabbath, and to God and his house, for those who profess that the Sabbath is the holy of the Lord, and honorable, to wear the same clothing upon the Sabbath that they have worn through the week while laboring upon their farms, when they can obtain other." --H. to L., Chap. 6, p. 59. {HL 143.3}

HOME HYGIENE

"One of the most prolific sources of disease is the transgression of the laws of life in regard to personal habits. Order and cleanliness are laws of heaven. The directions given to Moses when the Lord was about to declare his law upon Mount Sinai, were very strict in this respect. "And the Lord said unto Moses, Go unto the people, and sanctify them today and tomorrow, and let them wash their clothes." [Exodus 19:10.] They were directed to do this lest there should be impurity about them as they should come before him. He is a God of order, and he requires order and cleanliness in his people." {CTBH 105.1}

"The children of Israel were in no case to allow any impurities to remain upon their clothing or upon themselves. Those who had any personal uncleanness were to be shut out of the camp until the evening, and then were required to cleanse themselves and their clothing before they could return. They were also commanded to carry all their refuse to a great distance from the camp. And this was a sanitary measure, as well as a religious regulation. The Lord requires no less of his people now than he did anciently. A neglect of cleanliness will induce disease. Sickness does not come without a cause. Violent epidemics of fevers have occurred in villages and cities that were considered perfectly healthful, and these have resulted in death or broken constitutions. In many instances the premises of the very ones who fell victims to these epidemics, contained the agents of destruction which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. It is astonishing to witness the prevailing ignorance relative to the effects which slackness and recklessness produce upon health." {CTBH 105.2}

"When Lord Palmerston, premier of England, was petitioned by the Scottish clergy to appoint a day of fasting and prayer to avert the cholera, he replied, "Cleanse and disinfect your streets and houses, promote cleanliness and health among the poor, and see that they are plentifully supplied with good food and raiment, and employ right sanitary measures generally, and you will have no occasion to fast and pray. Nor will the Lord hear your prayers while these, his preventives, remain unheeded." {CTBH 106.1}

"It is not God who has brought upon us the many woes which mortals now inherit.

Our own folly has led us to deprive ourselves of things that are precious, of the blessings which, if properly used, are of inestimable value in the maintenance of health. If you would have your home sweet and inviting, make it bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets.” {CTBH 106.2}

“Some houses are furnished expensively, more to gratify pride than for the comfort, convenience, or health of the family. The best rooms are kept closed and dark, lest the light might injure the rich furniture, fade the carpets, or tarnish the picture frames. When visitors are permitted to be seated in these precious rooms, they are in danger of taking cold because of the damp atmosphere pervading them. Parlor bedrooms are kept closed for the same reasons. Sleeping-rooms should be large, and so arranged as to have a free circulation of air day and night. Those who have slept in an ill-ventilated room awake feeling feverish and exhausted. This is because the vital air was excluded, and the whole system suffers in consequence. Whoever occupies beds which have not been freely exposed to the air and sunlight, does so at the risk of health, and often even of life itself. There should be a circulation of air and an abundance of light through every apartment of the house for several hours each day. If you have God's presence, and possess earnest, loving hearts, then a humble home, made bright with air and sunshine, and cheerful with the welcome of unselfish hospitality, will be to your family and the weary traveler a heaven below.” {CTBH 106.3}

“Upon rising in the morning, most persons would be benefited by taking a sponge or hand bath. This will remove all impurities from the skin, and keep it moist and supple, thereby aiding the circulation. Persons in health should on no account neglect frequent bathing. Whether a person is sick or well, respiration is rendered more free and full by bathing. The mind and body are alike invigorated. The muscles become more flexible, every faculty of the intellect is made brighter. The bath is a soother of the nerves. Instead of increasing the liability of taking cold, it fortifies against cold, because it improves the circulation; the blood is brought to the surface, and a more easy and regular flow of the vital fluid is obtained.” {CTBH 107.1}

“Many expect that God will keep them from sickness merely because they ask him to do so. But the prayers of those who do not regard the laws of life, God cannot answer, because their faith is not made perfect by works. When we do all on our part to insure health, then we may expect that good results will follow, and we can ask God in faith to bless our efforts. And he will answer our prayer, if his name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are, by their careless inattention to the laws of health, taking a sure course to make themselves sick.” {CTBH 108.1}

“The Lord has shown me that Sabbath-keepers as a rule labor too hard, without allowing themselves change or periods of rest. Recreation is needful to those who engage in physical labor, and is still more essential for those whose work is principally mental. It is not essential to our salvation nor for the glory of God to keep the mind laboring constantly and excessively, even upon religious themes. There are amusements, such as card-playing, dancing, theater-going, etc., which we cannot approve, because Heaven condemns them. They open the door to great evils. By their exciting tendency they produce in some minds a passion for gambling and dissipation. All such amusements should be condemned by Christians, and something perfectly harmless should be substituted in their place.

There are modes of recreation which are highly beneficial to both mind and body. An enlightened, discriminating mind will find abundant means for entertainment and diversion from sources not only innocent, but instructive. Recreation in the open air, and the contemplation of the works of God in nature, will be of the highest benefit.” {CTBH 108.2}

“Let several families living in a city or village unite and leave the occupations which have taxed them physically and mentally, and make an excursion into the country to the side of a fine lake or to a nice grove where the scenery of nature is beautiful. They should provide themselves with plain, hygienic food, the very best fruits and grains, and spread their table under the shade of some tree or under the canopy of heaven. The ride, the exercise, and the scenery will quicken the appetite, and they can enjoy a repast which kings might envy.” {ML 206.2}

“They should have a change frequently, should often devote a day wholly to recreation with their families, who are almost entirely deprived of their society.” {ML 206.5}

HYGIENE INCLUDES TEACHING FOODS CONTAIN NUTRIENTS AND FOODS THAT DO NOT:

“In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, **COARSE VEGETABLES**, candies, condiments, and pastries fail of supplying proper nutriment. **Many a student has broken down as the result of using such foods. Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet.** Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength.” {Ed 204.3}