

TEMPERANCE

In order to preserve health, temperance in all things is necessary. {4aSG146.2}

True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful {PP562.1}

By practicing temperance in eating, in drinking, in dressing, in labor, and in all things, we can do for ourselves what no physician can do for us.--MS411908.

It is difficult, and often well-nigh impossible, for one who is intemperate in diet to exercise patience and self-control. {CTBH 134.1}

Often intemperance begins in the home. By the use of rich, unhealthful food the digestive organs are weakened, and a desire is created for food that is still more stimulating. Thus the appetite is educated to crave continually something stronger. The demand for stimulants becomes more frequent and more difficult to resist. The system becomes more or less filled with poison, and the more debilitated it becomes, the greater is the desire for these things. {MH 334.1}

Intemperance begins at our tables when we use an unwise combination of foods.
--M731908.

Any habit which does not promote healthful action in the human system degrades the higher and nobler faculties. --JAN RH251881.

Intemperance of any kind is the worst kind of selfishness.--T., V. IV, pp. 30, 31. {HL 114.4}

Temperance is to be practiced in eating as well as in drinking. Many people eat more food than nature requires. The vital powers are exhausted in the effort to throw off the excess. The liver and kidneys become diseased. Less food would have nourished the system, and its powers would not have been taxed by overwork. The gastric juice works on the amount that the system can assimilate, and the surplus remains undigested, to decay, making the breath offensive, and causing a disagreeable taste in the mouth. --LTR531898, pp. 1-7.

Overeating is intemperance just as surely as is liquor drinking.-- U. T. A301896. {HL 89.1}

It is impossible for any one to live intemperately in regard to diet, and yet retain a large degree of patience. {4T140.3}

In order to reach the highest standard of moral and intellectual attainments, it is necessary to seek wisdom and strength from God, and to observe strict temperance in all the habits of life.
{JANRH251881-15}