

right number of calories, and also the right proportion of proteins, carbohydrates, and so forth. ~~It was the belief of the proprietors of the chain of restaurants, that by utilizing the information given on the menu a man could eat scientifically in such a way as to provide himself the best possible health.~~

Today we know that a man could eat a meal in which proteins, carbohydrates, fats, and so forth, were blended in exactly the best possible proportion, and in which the number of calories was planned most scientifically, and yet could deteriorate and die because of actual starvation. During the past 40 years the vitamins have been discovered, and thus a whole series of chemical substances have become known to us which were completely undreamed of 40 years ago. Almost infinitesimal amounts of some of these are necessary for the maintenance of life and well-being; if they are taken away we suffer all sorts of bad results, and even death may come in certain cases. The very existence of vitamins was unknown 40 years ago. The science of bio-chemistry has made tremendous strides in recent years, and has shown us how much there is in the universe that we never even thought of before. Today people are so interested in getting the right amount of vitamins that sometimes they even forget that anything else enters into securing a proper diet.

Who knows but that in future years we may discover still other factors, today not even dreamed of, that are equally vital to our life, which we are now getting from our food or in some other way, in accordance with God's provision. Science has only begun to scratch the surface of the vast multitude of substances and principles that God has put into the structure of the human body. We try in science to think God's thoughts after Him; but God thought them first. God established the many elements and the manifold processes that enter into human life.