



A CALL FOR CLEANER CITIES

In the late 1800s, few understood the health impact of poor sanitation. Each day on the streets of New York, horses deposited 2.5 million pounds of manure and 60,000 gallons of urine. The uncollected garbage, polluted water, industrial pollution, and lack of underground sewers made living in large cities a health hazard. Early Adventist health-advocate Ellen White preached of these dangers, urging people to move out of cities.

Ellen G. White...promoted a rational approach to health, emphasizing exercise, rest, wholesome diet, fresh air, sunshine, water, abstinence from harmful substances, and trust in God.

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TIME CAPSULE

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