

# WHY RELATIONSHIPS GO BAD

From the Series "Relationships, God's Way"

**"Let some of the hours of courtship before marriage run through the married life."** {*Letters to Young Lovers*, pg. 13; White}

"Many women pine for words of love and kindness and the common attentions and courtesies due them from their husbands who have selected them as their life companions. **How much trouble and what a tide of woe and unhappiness would be saved if men, and women also, would continue to cultivate the regard, attention, and kind words of appreciation and little courtesies of life which kept love alive and which they felt were necessary in gaining the companions of their choice.**" {*Mind, Character & Personality*, pg. 157; White}

**"If the husband and wife would only continue to cultivate these attentions which nourish love, they would be happy in each other's society and would have a sanctifying influence upon their families. They would have in themselves a little world of happiness and would not desire to go outside this world for new attractions and new objects of love. Many a wife has sickened and died prematurely for the want of encouraging words of sympathy and love manifested in kindly attentions and in words."** {*Mind, Character & Personality*, pg. 158; White}

In the Victor Valley Medium Correctional Facility in Adelanto, California, the NEWSTART program is followed. The NEWSTART Program, focuses on vegan meals, Bible study classes, an anger management program, job training, and psychological counseling. Those who choose the NEWSTART Program must commit to participating in the entire program.

"A Massachusetts study on male aging showed that **men who had higher levels of SHBG (sex-hormone binding globulin) in their blood were rated by their wives as less aggressive and less domineering.** SHBG is a protein that binds to testosterone and reduces its activity, which is generally a good thing. As it happens, **high fiber diets boost SHBG.**" {Dr. Neal Barnard}

Doug Anglen, director of food service, echoed Dr. Barnard's comments about vegetarians on high fiber diets being less violent. The NEWSTART prisoners are housed together in one section of the building. "When there is a violent outbreak, 90% of the time it's on the non-vegetarian side of the facility," says Anglen. A vegan himself, Anglen says there are rare occurrences of violence on the vegan side of the prison.

"There is a noticeable difference in the personalities of the vegetarian inmates. They smile more, are fully racially integrated, attend religious classes and anger management classes eagerly. **Within 10 days the vegan inmates express improvement in how they feel.**"

Among the non-vegetarian inmates there is little mixing and more inter-racial fighting. When they are released, there is a 70 to 80% rate of recidivism. In the four years the prison has operated, only 30 to 40 of the NEWSTART inmates have

returned. "We have a waiting list to get into the program," he says.

**"Food prepared with condiments and spices inflames the stomach, corrupts the blood and paves the way to stronger stimulants. It induces nervous debility, impatience and lack of self-control. Tobacco and the wine-cup follow."** {Signs of the Times, January 6, 1876 par. 9}

"I was seated once at the table with several children under twelve years of age. **Meat was plentifully served, and then a delicate, nervous girl called for pickles. A bottle of chow-chow, fiery with mustard and pungent with spices, was handed her, from which she helped herself freely. The child was proverbial for her nervousness and irritability of temper, and these fiery condiments were well calculated to produce such a condition.**" {Testimony Studies on Diet and Foods, 55}