

eat less than an adult. A person of idle or sedentary habits should not eat as much as one whose occupation involves a great use of muscular power. Scientists say that the daily wants of an adult require, on an average, three hundred grammes of carbon and twenty of azote, which proportions are contained in a pound and a half of bread, and one pound of meat, of which part is replaced by other nutritive substances. At all times, one should know how to restrain one's appetite; that is, to cease eating while yet hungry.

Q. What should be observed in alimentation on account of climate and change of seasons?

A. In cold climates combustible aliments should be taken, in increased quantities; thus Esquimaux and Laplanders gorge themselves with fat and oil; on the contrary, in warm countries, the quantity of such substances should be diminished, and nourishment derived chiefly from vegetables and fruit. Hindoos and Arabs live on rice, dates and other fruits. For the same reason, food should be stronger and more abundant in winter than in summer.

Q. Explain this difference.

A. In order to maintain the body in a warm and even temperature, nature requires that the amount of combustible nutrition absorbed