

## EAT TWO MEALS A DAY.

Not everybody should eat but twice daily, but there is a class of men and women who would enjoy better health and live longer, if they ate but two meals a day. I do not mean the growing youth, or the fully developed young man or woman under twenty-five, for up to that time, if not longer, they must eat to develop and fill out the growing frame and body, and establish well known functions of the muscular and nervous systems. However, after this has all taken place and the man and woman have fully developed, their lives sedentary, of full habit, carry a large volume of blood, are good feeders, such, should eat but two meals a day. Breakfast about eight or nine A. M., dinner at four or five P. M. and no other food, except a little fruit at noon, and in the evening, giving apples the preference above all other fruit, except peaches when in season.

The class to which I refer are those who are not found among the laboring classes. The laboring class arise early, and eat an early breakfast, and are ready for a good square meal at twelve o'clock and a hearty supper at six at night, they work hard and eat to supply the demands made by their daily toil and manual labor.

The class of people to which I refer who get along better with two meals a day, are not only good feeders and carry a good healthy volume of blood, but they are looked upon as strong and healthy, and are generally of a nervous bilious temperament, they are as a rule *hustlers* from morning until night, at the store, at the desk, at the studio, or wherever their circumscribed environment stations them. Some of them are Physicians, Lawyers, Clerks, Ministers, Politicians, Legislators, Congressmen, and Senators. They eat too much, they eat too often, and drink too often as well as too much. The stomach should always be about empty before taking another meal. The most of this class of people have dilatation of the stomach, and nothing will act in the way of a cure without medicine, so well as a cup of hot water before meals, and but two meals a day. The majority of this class of persons, and I may say nearly all of them, fill premature graves, due to Apoplexy, Paralysis, Fatty-heart, Bright's disease, Diabetes or Softening of the Brain, and Spinal cord.

Vertigo, Indigestion, Constipation, a

stuffy feeling, forgetfulness, heavy on the feet, and a host of premonitory symptoms harass them until they are struck down suddenly with some of the above maladies. I am of the opinion that no one should put three meals into the stomach inside of eight or nine hours, as many do, and then in many cases eat again before retiring for the night, making four meals a day. When the stomach of a healthy person is empty, he can eat with the greatest relish, and the juices of the stomach permeate the food thoroughly, that there is but little trouble for the stomach to get rid of its contents, through the pyloric orifice into the duodenum, and as a result little if any fermentation and indigestion comes from this way of treating the stomach. Some people can eat but little breakfast, of course they must have dinner at noonday, or they will starve. This is due generally to a habit of eating late at night, or to the developing process, which ends in mal-assimilation, and mal-nutrition. Such persons are anemic and are virtually starving to death, often developing Tuberculosis in some form, before the starvation process accomplishes its end—death.

The working man who eats three meals a day, breakfast at six, dinner or luncheon at twelve, and supper at six enjoys every meal and seldom has a best meal, for he eats heartily three times a day, so it is with the man of sedentary life, if he be of a full habit and healthy. He enjoys his breakfast at eight or nine, just as much, if not more, than his dinner at four or five P. M. I can go back in my life and experience in twenty-eight years practice, and call to mind many of the big, strong and hearty people with whom I have been associated, and many of them were my associates, who have died, filling premature graves, just because they drank and ate too much.—In North American Medical Review.

## THE PERFECT PHYSICIAN.

He is humble—for the grandeur of unaccomplished possibilities rises like a mountain before him. He is self-respecting—for he justly esteems the dignity of his profession, and the obligation which his admission thereto lay upon him. He is courteous, yet never servile; bold, yet always prudent; fearless, yet always prudent; fearless, yet never reckless; sympathetic, but never sentimental;