

twenty minutes' selfish pleasure, only to be followed by a headache and indigestion. Had she only eaten a quarter of a pound a day, spending twenty minutes each time, she would have given herself four times the pleasure, and that without any bad results. Young children need instruction on this point, for they should get far more pleasure than they do, from what they eat.

People as a rule eat far too quickly when taking their meals. It was when sitting at restaurant tables I first noticed the hasty manner young men and lads swallowed their food, it could not be said they ate it. Two or three grinds between the teeth followed by a quick motion of the tongue, and then the food in the mouth, without being mixed with saliva, passed to the stomach, while another forkful of food was waiting to enter the mouth and pass through the same hasty process. They did not take more than half the time to finish their meal that I did, though they ate as much as I. The dessert was always the easiest and quickest to get rid of. Though I only paid the same as they did, I am sure I got more than twice the pleasure from the meal. Life is short enough at best, without rushing to the end in this way.

Give Your Children Candy.

Children should be given candy, not between meals, but after the meal with the dessert, then the candy if pure is healthful as well as pleasant to take. The food will digest better with it. The system requires a certain amount of sugar. If the teeth are brushed with plenty of water after, they will receive no harm from it.

Give Your Children Plenty of Milk.

Milk contains all the elements necessary for building up the system.