

THE TIME OF THE YEAR.

On this will depend the quality and quantity of foods needed to give the necessary energy, strength and endurance. In our own climate during the winter months, our selection of foods must be far different to that of the summer, consisting very largely of fat meats and other foods rich in heat producing qualities.

Desiring the greatest state of efficiency in order that we may do superior work, consideration as to quality, quantity and kind of food is necessary. As to the quality it should be of the best obtainable. Let us make sure that the food is fresh, palatable, and nourishing, furnishing energy and possessing tissue building qualities without supplying too large an abundance of heat producing products, or too much waste matter. Let it be of a quality which will furnish those products necessary to supply all the needs of one striving for the condition of efficiency and minus those tending to cause difficulties in digestion and so leading to early fatigue and perhaps illness.

QUANTITY.

That many a man digs his grave with his teeth is a fact that cannot be gainsaid, and a fitting epitaph for the tombstones of many would be "Died of quick lunch." While the quantity may depend on the kind of work done and the physique of the individual, one may eat twice the amount that another eats and yet only be normal in his desires. But whatever the capacity, be it large or small, the secret of taking the right quantity lies in one's determining to leave the table with a feeling of satisfaction and the ability to still hold a little more, or the feeling that one is not "stuffed to the craw." When one's senses tell him he has had enough, he should then quit. This is the secret of quick and easy digestion and the path to efficient brain work soon after meal hours. One should endeavour to adjust a due relation between the income and the output. To neglect this means that the individual cannot long go without trouble appearing from some quarter. An even balance must be by some means maintained, if a healthy, efficient bodily state is to be ensured.

The quantity ingested will assuredly be dependent upon the length of time the food is held in the mouth. The more time given to thorough chewing or mastication, the less food