

We Eat Too Much.

A recent writer in a British medical journal shows conclusively that, while certain classes, owing to the stress of poverty, cannot obtain the nutriment they really need, the majority of people eat too much. Fortunately a moderate degree of over eating does not appear to be markedly injurious. The digestive apparatus, though compelled to do more work than is really necessary, proves equal to the demands made upon it and does not break down or get seriously out of order. This is but one illustration out of many that might be given, showing how the marvellous mechanism of the human body adapts itself to conditions more or less abnormal. It is lucky for the average man that physiological laws are not of Medo-Persic inflexibility. He can violate them to a limited extent without incurring the penalty though he finds that, if he goes beyond that point, the punishment is swift and sure.

Careful investigations prove that the daily "destructive metabolism," or in plain words, the inevitable waste and wear of the body, which is the measure of the work it does, varies but little for different occupations. A diet of from twelve to fourteen ounces of chemically dry food, if the ingredients are in proper proportion and readily digestible, is sufficient to keep the average worker in good health. One part of nitrogenous to seven or eight parts of non-nitrogenous food is found to be a fair combination. A very small addition of stimulants appears to increase the amount of possible work; but moderately free drinking diminishes it. Women eat less than men, after making allowance for difference in weight and work. Where a man eats nineteen ounces, a woman of the same weight and equally active habits eats only fourteen or fifteen ounces. This latter allowance, as will be seen from the figures given above, is more than enough for a hard-working man, even when all meat is excluded from the diet. It is no uncommon thing, however, for a man of average size and activity to eat double this amount, or from twenty-five to twenty seven ounces of chemically dry food in a day. We are inclined to think that excess in eating is at least no less common in this country than in England. The abundance, variety and cheapness of food are naturally favorable to this over indulgence. The palate is tempted to intemperance by appetizing dishes, when it would be fully satisfied with a normal amount of plain and wholesome food.

Advice to Mothers.

Ella Wheeler Wilcox in writing for the "Woman's Council Table" in the September number of *The Chautauk*, says: "I would have every mother in the land begin at the cradle to teach her daughters self-respect, self-denial and thoroughness in small things. I would have we tots who grow easily *hase* with an embarrassment of toys, taught to deny themselves playthings for the benefit of poorer children. I would have their young minds early instilled with the beauty of self-sacrifice; and instead of importing costumes for their dolls, I would have them taught to cut, and sew, and make whole outfits for their dolls and I would bestow prizes and rewards for neat and successful work. In all such early matters would I train the childish mind to a pride in practical achievement. I would have them taught to mend, darn, and fold clothing nicely; and above and beyond any praise for great progress in music, drawing, or elocution, I would give them praise, medals, and public honors for keeping their rooms, their clothes-presses, their bureau drawers, and their personal effects in perfect order; and I would permit no servant to do for them what they could do for themselves. Constantly would I keep before them the need of self-denial in small matters, the necessity of doing things which were distasteful and doing them well, if they would possess character and stamina to meet the inevitable hardships which life presents to every soul."

Society Gossip.

Society doings and gossip have a sort of general interest for all women, but in a climate like ours going out is attended always with considerable risk. A woman is nearly all the time looking for what she can wear next to her delicate skin that will be light and yet warm enough to guard against the possibility of catching cold. A new under-vest, stamped with the word "Health" and known to all doctors in this country as the Health Brand, has just been introduced here. For its advantages and beauty to be thoroughly understood it must be seen.

After all, the only way to profit by the experience of others and avoid their troubles is to die young.



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