We Eat Too Much.

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A recent water in an in Jush medical journal shows conclusively that, wi de certain classes, owing to the stress of poverty, cannot obtain the nutriment they really need, the majority of people cat too much. Fortunately a moderate degree of over cating 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, she wing how the marvellous mechanism of the human body adapts itself to conditions more or less abnormal. It is heeky for the average man that physiological laws are not of Mode-Persic inflexibility. He can violate them to a limited extent without incurring the penalty though he finds that, if he goes beyord that point, the punishment is swift and sure.

Careful investigations prove that the daily "destructive metabolism," or an plain words, the inevitable waste and wear of the body, wheil is the measure of the work it does, varies but little for different occupations. A diet of from twelve to fourteen cunces of chemically dry food, if the ingredients are in preper proportion and readily digestible, is sufficient to

but little for different occupations. A diet of from twelve to fourteen cances of chemically dry food, if the ingredients are in preper proportionand readily digestible, is sufficient to keep the average worker in good health. One part of nitrogenous to seven or eight parts of non-nitrogenous tood is found to be a recombination. A very small addition of stimulants appears to increase the amount of possible work; but moderately free drinking diminishes it. Women cat less than men, after making allowance for difference in weight and work. Where a man eats nine-teen ounces, a woman of the same weight and country and the same weight and country and 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 cat double this amount, or from twenty-five to twenty leven 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 has in England. ing is at least no less common in this country than in England. The abundance, variety and cheapness of food are naturally favor and casuances of rood are naturally layor able to this over indulgence. The palate is tempted to intemperance by appetizing dishes, when it would be fully satisfied with a rearnal amount of plain and wholesome food.

Advice to Mothers.

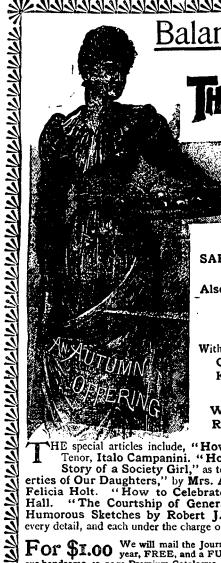
Advice to Mothers.

Ella Wheeler Wilcox in writing for the 'Woman's Conneil Table' in the September number of The Chantain, nan says: "I would have every metaer in the land begin at the eradle to teach her daughters self-respect, self-denial and thoroughness in small things. I would have wee tots who grow easily have 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, I would heave them taught to rut, and sew, and make whole outfits for their dolls and I would bestow prizes and sewards for neat and successful work. In all such early matters would I train the childish mind to a pride in practical schievement. I would have them taught to mend, darn, and fold clothing nively; and above and beyond any praise for great progress in music, drawing, or clocution, I would give them praise, medals, and public 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 tharacter and stanning to meet the inevitable hardships which her presents to every soul." able hardships which life presents to every soul."

Society Gossip.

Society dongs, and to ap 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 undervest, 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 superience of others and avoid their troubles to die young.



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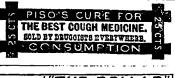
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