

## CHAPTER VIII.

With few exceptions, the corpulent, both male and female, drink a great deal with their meals; and I am more and more convinced, by daily experience, that the large amount of fluid thus imbibed has powerfully contributed to produce their present condition. It may be said that it is constitutional with them to require so much drink. I grant that many persons are in the habit of drinking a great deal more than others, and even that they are constitutionally so inclined; but I cannot allow that they are compelled to drink as much as they do. Habit exercises a powerful influence over all our actions; and I have no doubt that, notwithstanding the existence of a natural predisposition to drink a great deal at meal time, the inclination might be held in check, by not yielding too easily to the desire. Many people, without thinking, increase and stimulate their thirst by making use of highly seasoned dishes; it would be well that they should exercise caution in this respect. Even when using a moderate amount of beverage, a selection as to kind is necessary. Beer and cider being especially