



## PHILOSOPHY OF LIFE.

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THE question might naturally be asked, "What is Life, and on what does it depend?" Theoretically it may be answered thus :

It depends on digestion, production and retaining vitality or enough vitalizing life fluid to keep in pace with the daily loss or waste of the same. From the day a soul is born until the day of death, naturally speaking, digestion begins, and proceeds to carry on the work of supplying nature with vitality and strength. With the exception of brief intervals when excess or intemperance of some kind has clogged the course of nature and demanded a rest, wherein the body could regain its lost power to work. Or some poison or unwholesome food has been used that has acted as a poison to the system and produced exhaustion. As I have remarked, vitality is lost or oppressed when nature refuses to do her proper work of recuperating the body. And it behoves everybody who lays claim to bodily health to see to it themselves that the *stomach* is supplied with proper food in sufficient quantities to satisfy hunger, and when that is done, to work in moderation and not in excess, for be-