

## WASTED ENERGY.

THE following remarks from the *Laws of Life*, a monthly issued by the Jackson Sanatorium, of Dansville, N. Y., we regard as very practical and endorse them fully :—

There are many ways of misusing vital power, but hardly one is more prolific of physical disorder and disease than the habit of over-eating. The majority of people eat about a third too much. It is well understood by physicians that over-eating is the responsible cause of a large proportion of sickness. The distinguished Abernethy aphoristically says: "One-fourth of what we eat keeps us, the other three-fourths we keep at the peril of our lives." When more food is taken into the stomach than can be appropriated for the purpose of growth, repair and functional activity, all the organs of digestion, assimilation and excretion are over-taxed to dispose of this superfluity, additional labor is put upon the kidneys, lungs, and other excretory organs, to eliminate unused material which has served no end in the human economy, and this strain long continued leads to an impairment of vigor, and not infrequently to chronic disorders which puzzle the best of physicians to overcome. It is, therefore, a waste of energy to over-eat, but how many persons are tempted to gratify the palate long after the demands of hunger have been satisfied ! It is from this class that a large percentage of invalids is recruited. Sometimes this excess of nutriment is stored up in an accumulation of flesh, but not always, for very often the effort required in taking care of so much more food than is necessary so taxes the whole system that the person is always exceedingly thin. A smaller quantity of nourishing food, which could be readily digested and assimilated, would give an increase of flesh and a more symmetrical roundness to the whole body. The impression prevails that flesh is a sign of health and strength. On the contrary, an abnormal amount of flesh, above one's average weight, is an indication of ill-health, and it may be accompanied

by extreme weakness and inability to work or exercise.

How shall we know when we have eaten enough ?

I. Eat to live, and not live to eat. Keep a guard over the appetite, and do not let it take control. That is, do not eat simply because food is agreeable to the taste. Decide what and how much you, as an individual, need, and take that and nothing more. Put your bodily desires under the direction of the spirit, which should always hold the mastery if you hope to have health or happiness.

II. Having arrived at maturity, a smaller amount of nourishment is called for to keep the tissues in repair than during the period of growth. This can be properly estimated if your normal weight remains about the same month after month. Any marked difference one way or the other may indicate the need of medical advice.

III. Two meals a day will help solve this question for the majority of persons. The objection is sometimes raised that in eating but twice a day, more food is taken than in three meals, but I believe that just the opposite is true when once the habit is well established, and that all the requirements of the system are amply supplied at a great saving of vital power by eating but twice in the twenty-four hours. Only a certain amount of nutrient material is required by the system. It does not so much matter when this is taken, except that by dividing it into two meals instead of three, the stomach, liver and all the other organs concerned in the assimilative and digestive processes are thus secured a period of rest which is absolutely necessary in order to maintain their healthful activity and to furnish functional power on demand.

The average American really dines three times daily, with his beefsteak breakfast, chops for lunch, and roast beef at his six o'clock dinner. And he does it at his peril, for this habit of over-feeding, especially of eating so much meat, is one of the provoking causes of so many sudden ill-