

†The evils of eating.

TOO MUCH OF A GOOD THING

POSSIBLY few sayings have influenced humanity as much as the well-known "Eat, drink and be merry." None has done more to produce illness and reduce efficiency.

Overeating puts a great strain on the organs of digestion and elimination. If we pause to think a moment we will easily realize that the process of digestion makes great demands upon the heart. The digestive juices can be produced only when the glands that manufacture them receive an ample supply of blood from the heart. Thus the more there is to digest, the more gastric juices are needed and the more the heart has to work.

If we consider the function of elimination we arrive at the conclusion that the more we eat the more residue remains. Which of the organs must bear the greatest burden? The kidneys, of course. For perfect functioning the kidneys require a good blood supply. This supply can come only from the heart. It is not at all strange to find that heart affections and kidney troubles frequently head the list of diseases that decimate the ranks of humanity. Overeating will inevitably produce

useless, fatty tissue that will impose an even greater burden upon the heart.

It is amazing what a small quantity of food is necessary to keep the body healthy. It is not sufficient to be guided by the appetite since very frequently it has been made unreliable by previous excesses. Often we are concerned with the *quality* of the food we eat, its vitamin and mineral content, but how many stop to think of the *quantity*? It is wrong to think that the more we eat the healthier we will be. Excesses are always dangerous.

Let us imagine a healthy stomach rebelling against too much work. Let us consider the kidneys frantically attempting to free the system of too much residue. Let us think of the heart deprived of its valuable reserves.

It is dinner time and Mr. X is not hungry, but the clock has struck seven and he must eat. Wearily he sets about his task without considering that his three best friends, his heart, kidneys and stomach, have only recently finished disposing of a heavy lunch. These three organs decide to rebel and go on strike. Mr. X heedlessly pro-

ceeds with his dinner but the results of the strike become obvious. His stomach flatly refuses to accept any more work.

Naturally, this catastrophe has not come without warning. The heart had already given notice that it planned rebellion by producing an unpleasant heavy feeling in the midsection after every hearty meal, accompanied by palpitations and sharp pains in the chest. Finally, it was not necessary to consume a heavy repast to produce these danger signals. Heart, stomach and kidneys now balked at even a small meal.

Let us not forget our fat friends who loudly protest, "I scarcely eat a thing." Truly they eat very little at table, but they forget the snack that "keeps me from getting too hungry" from one meal to the next. Why resist the temptation to nibble a piece of cake,

or refuse ice cream on a warm day? Of what importance is a piece of chocolate? Or a glass of milk to make one sleep? After such practices is it any wonder that the appetite grows weary and fails to make known any legitimate desire for proper nourishment?

Concentrated foods such as sweets, pastries and spices are digested with difficulty, even in small quantities. The process of digestion takes from four to five hours. Therefore, while the other organs of the body are resting for their next day's work, the heart and stomach are busy working overtime.

It should be borne in mind that frequently heart trouble is the result of an impractical diet. Therefore the best advice is: Be moderate in your eating habits. —*Dr. Alfredo R. Martinez, condensed from Viva Cien Años, Buenos Aires.*

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Chinese and Yankees

WHEN IN AMERICA, Dr. Wu Tingfang, the Grand Old Man of the Chinese diplomatic service, was questioned sweetly by an American.

"What 'nese' are you—Japanese, Javanese or Chinese?"

After replying that he was Chinese, he asked in turn, "And what 'kee' are you—monkey, donkey or Yankee?" —*Shanghai Post-Mercury.*