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How Over-Eating Destroys Body and Mind

| by Ella wheeler wilcox. <br> Fifteen years aro a man noted for his robust and handeome pernonality continually offered to eye and car a refutamoderate diet was <br> clear of brain, his skin was danziing and thing like five years ago, there came a change. Rheumatism first, then abscesses, and today the man, who in year ehould be in the very prime of life, is a physical wreck, devoting half of every day in various cures and the other hait to his bed. He wonders why he has been so afflicted. He whs not a dissipated man, nor a man vicious morally, nor a man who wasted his nighte in riotoun living. Now from his sick bed he thinks about that his misfortunes are entiraly due to having poisoned his aystem peraintently for morn than two-score of ycarn by unnecessary foods in unnecessary quantities. <br> Another man, briliant mentally, an ath- <br> lete physically, ban for years argued with sil his frienda who were inclined to <br> vegetarianism and to total abatinence that "good red meat" and "pure red wine" were brain bullders and healthgivers. He contended that all the notable achievements of the world wore per- formed by people who ate meat and who drank pure wines, although he was atrongly opposed to alcohone beverasen. This man, too, fell by the wayside, sur- geons puzated over his maladies, but all united in the opinion that the trouble orisinated in the digestive apparatus. The some way, had become peisoned in He, too, falled to realize that he had brought this disaster upon himself by unwise induigence in meat and wine, He The parents of a beautiful youngs girl in her teens wonder why she has been aftiteted with rheumatism. But thia young gin has been allowed during her jixtegn zeara, to eat all the sweets and |  |
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