

THE LAWS OF LIFE. THE WAY TO LIVE.

BY G. M. NICHOLS.

The tissues of our body are constantly wearing out. We cannot perform an act, or even think, without wearing out some of the tissues; and these require to be constantly replenished; otherwise the whole body would soon be used up.

It is the wearing out process that creates a demand for food. And as with all other things, so with the human body; its nature, form, prosperities, and other qualities depend largely on the nature and properties of the material from which it is constructed. In order that our body may be properly maintained, it is necessary that our food should be adapted to the wants of our systems. The food we eat should contain all the elements required to build up the body; otherwise, some part or the whole of the system will be imperfectly sustained. Bear in mind, if our food is mingled with, or contains elements that are not wanted in the system, the organs of digestion have additional work to do, in removing the effete matter, and this extra work, if long persisted in, will bring on disease, (which is but poison of the body) and at no distant day the result is death. Regularity should be observed in the time of eating; for the digestive organs become weary with long continued labor and require rest, the same as any muscle or set of muscles. In order that they may obtain this rest, it is necessary that the food should be taken at stated times, and never until the previous meal has digested and the stomach has had time to rest. It is a well known fact among professors of Colleges, that those pupils who are put upon a strict diet, are the ones who accomplish the most in the pursuit of knowledge, as it is impossible for the brain to perform its duty when digestion is going on. The quantity of food taken at a meal has also an important influence upon the health. If food is taken in too great quantities, or too frequently, it cannot be properly digested, consequently the health and strength of the body is not maintained as it should be, and a great amount of vital force will be expended in expelling this same undigested food.

Undigested food may be regarded as a poison or foreign matter.

NUMBER OF MEALS IN A DAY.

Adults who have been in the habit of eating three meals a day, or of eating late suppers, usually rise in the morning with but little appetite for breakfast, the mouth has a bad taste and they do not feel as well as after having been up a few hours. This is because they fell asleep with undigested food in the stomach and a portion of the organs had to remain awake to digest this food, consequently the sleep was not as refreshing as it would have been had all of the organs rested and slept together, and especially is this true of the stomach.

The stomach is in direct connection with the brain by means of the Pneumogastric nerve, therefore, when the stomach is actively at work, the brain must of necessity be more or less disturbed; it is for this reason that late suppers should not be indulged in.

Statistics show that those who have tried the two meal system invariably find that they are much better able to endure severe protracted labor, either mental or physical, than when they were in the habit of eating three times per day.

THE KINDS OF FOOD BEST ADAPTED FOR MAN.

Flesh meat is not as good for man as are vegetable substances, it contains no nutritive property that is to be obtained from vegetable substances.

Since the animal from which the flesh is obtained derives its nourishment from the vegetable kingdom, all flesh, whether human or brutal, contains more or less broken down tissues in a state of decomposition, and after the animal has been slaughtered putrefaction speedily takes place.

Flesh meat is said to be stimulating. This is because it contains effete matter, the debris and worn out tissues of the body, which are regarded by our system as poisonous. It is the effort of the system to expel these which produce the effect called stimulation.

Fats and oils do not contain the proper elements to build up the vital tissues. All of our food contains more or less starch and sugar, and these are converted into fat in the body, so we have an abundant supply of such material without eating the fats and oils of either animals or vegetables.

MANNER OF EATING.

Food should be thoroughly masticated;

when this is done, one can partake of a full meal without drink. There are two benefits to be derived from thorough mastication: 1st—the stomach will have less work to do, since it will not be obliged to perform any extra labor in reducing the food to a homogeneous liquid, and thereby become prematurely worn out; and, 2nd—the saliva is a digestive fluid, and without its aid the food cannot be perfectly digested; therefore, let us all eat slowly and masticate our food well. Drink of any kind should not be taken while eating. Thirty minutes is little enough time to spend in eating; a portion of this time should be spent in cheerful conversation on some pleasant subject, for there is nothing more promotive to good health than a cheerful mind.

Hot drinks should be avoided at all times, as an incalculable amount of injury is done to the teeth and stomach by their use.

TEMPERATURE.

Another important condition upon which good health is based, is the right degree of temperature. This must be maintained, otherwise health cannot long exist, for the proper circulation of the blood depends almost wholly upon the maintenance of the proper degree of temperature in the body.

In health, there is an equal development of heat in all parts of the system, the limbs just as warm as other parts.

If for any cause the temperature of the body either rises a few degrees above, or sinks a few degrees below 98° Fah., the fluids become changed, the organs cease to perform their functions, and death follows. This being the case, it is easy to understand the importance of keeping the warmth of the body as near a normal condition as possible. One very essential means of keeping the body in this condition is bathing once or twice a week, thereby keeping the skin clean and the pores open, that there may ever be a free exit for the perspiration. If for any cause the sweat glands have ceased their work, and the system has become feverish, it should be frequently bathed, or dampened with wet cloths; the water used for this purpose may be either hot, warm, tepid, cool or cold, as is agreeable to the patient.

As the water thus applied vaporizes, the heat of the body is conducted off, and the fever is reduced. Numerous rules might be added to the above and perhaps of much use, but space will not allow at this time, of my promulgating further the Laws of Life.