

Women and Their Food.

American women, as a rule, do not eat enough and to this cause is to be attributed much of their ill health. Very few women really eat three meals a day. One woman in a hundred eats a respectable breakfast, some women eat a fairly good meal at midday, but as a rule a woman expects her nervous body and brain to subsist on about one meal a day, drawing her motive power from the nerves and will and not from healthy, strength-giving food.

The least disturbance in the regular round of her life takes away a woman's appetite. If she has something on her mind she can't eat, if there is any extra work to be done, she can't eat, it seems too much like wasting time. Half the time she is too busy to eat and the rest of the time too tired. When she happens to think about it she feels hungry and takes a cup of tea or a pickle or a piece of cake.

There is a rooted belief that if you don't want to eat, it is better not to do so, for the food will not benefit the system. Intrenched behind this adage womankind allows any small excitement to run away with her appetite, and does not eat her meals because she is not interested in them.

Under this system of feeding, something must suffer, the woman's work or her health, and as the work is usually done for the comfort of her family, the work goes through and the health bears the burden. Then people talk of the want of vigor in American women, and blame it on overwork or the climate when

~~the real cause lies in letting nervous excitement interfere with the appetite.~~

~~For the active woman who plans and thinks and works, three good meals a day are a necessity, if the health and strength are to last.~~

~~Eating one's meals is a matter of business and when woman gives to this function as much care and regularity as man does, she will be able to accomplish more, have greater control over her hysterical self and add many more years to her usefulness.~~