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**3.** Over-eating is one of the most wonderful practices among those who think that they can afford it. In fact, authorities say that nearly all who can get as much as they desire, over-eat to their disadvantage. This class of people could save a great more food than they can save by missing one meal per week and at the same time they could improve their health.

A heavy meal at night, the so-called "dinner", is the fashion with many and often it is taken shortly before retiring. It is unnecessary and could be forgone, not only once a week but daily without loss of strength. From three to five hours are needed to digest food. While sleeping, this food not being required to give energy for work, is in many cases converted into excess fat, giving rise to over-weight. The evening meal should be light, taken three or four hours before retiring. This prevents over-eating, conserves energy and reduces the cost of food.



## Title:- Over-eating: A Disadvantage

Over-eating is a cost bearing practice that causes many health issues. Especially, a heavy meal at night, just before sleeping causes obesity. Because, three to five hours are required to digest food that provides energy to body for work. While sleeping, this energy is not required, hence, causes over-weight. The meal at night should be light that can improve one's health.

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