

3. ~~WASTING IN OUR MINDS~~

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.

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Overeating; a bad habit

Affording people are highly indulge in Overeating to fulfill their desire which is not good for their health. However, if they keep a moderate intake of food, it would be beneficial for their health and they could save a lot of food as well. Furthermore, The dinner could be skipped which is an unnecessary meal. Because, digestion of food requires a lot of time to give energy while sleep doesn't need any energy to work rather it would lead to obesity. Moreover, taking light meal in the evening could save person from being obese as well as it could save energy and food.

Spelling and tense errors found. Avoid using informal words such as doesn't, didn't etc.