

: Passage:

(Over-eating is one of the most wonderful practices among those who think that they can afford it.) In fact, authorities say that nearly who can get as much as they desire, over-eat to their advantage.

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 can 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 foregone, 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 are not required to give energy for work. Is in many cases converted into excess fat, giving rise to over-weight. This evening meal should be light, taken three to four hours before retiring. This prevents over-eating, conserves energy and reduces the cost of food.

Dis advantages of over-eating

Over-eating is the harmful habit of individuals who can afford it especially, dinner, an unnecessary meal. However, consuming dinner meal before sleeping is not beneficial for health as it converts it into extra fat. A healthy evening meal should be taken few hours before bed. It improves health and reduces cost.

Passage words = 150
Precis words = 50