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CHEW YOUR FOOD.

I have read with great interest your remarks on Mr. Fletcher's system of feeding, which is, of course, derived from one of the ancient methods advocated by some Hatha Yogins in India. No doubt the subject demands further scientific examination, but it is hardly questioned that

(1) Indigestion, constipation, and their attendant troubles, immediate and derived, may be eliminated.

(2) The cost of feeding is reduced from shillings to pence.

Against these one may urge that:

(1) Conviviality is abolished. One cannot talk and chew.

(2) One cannot eat oversweet, overspiced, or oversalt foods. This method of eating brings out the whole taste of everything eaten, so that bread chewed tastes as sweet as chocolate bolted.

(3) Eating takes a very long time. Yet, eating (as one must) in solitude, one can usually work during a meal.

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