

*Q* But these are natural appetites. They must be indulged if one is to be healthy and happy.

*A* To be sure they are natural appetites, but they are also dangerous because people who have not mastered themselves over-feed the appetites. Self-mastery contemplates sufficient control over the appetites to enable one to feed them what they need and withhold food not needed.

*Q* Your viewpoint is both interesting and educational. Describe the details through which I may understand how and under what circumstances people over-feed the appetites.

*A* Take the desire for physical food, for example. The majority of people are so weak in self-discipline they fill their stomachs with combinations of rich food which please the taste but over-work the organs of digestion and elimination.

They pour into their stomachs both quantity and combinations of food which the body chemist can dispose of only by converting the food into deadly toxic poisons.

These poisons clog and stagnate the body sewer system until it slows down in its work of elimination of waste matter. After a while the sewer system stops working altogether, and the victim has what he calls "constipation."

By that time he is ready for the hospital. Auto-intoxication, or body sewer poisoning, takes the machinery of the brain and rolls it into something resembling a wad of putty.

The victim then becomes sluggish in his physical movements and mentally irritable and fussy. If he could only take one good look at, and one bad smell of, his sewer system, he would be ashamed to look himself in the face.