The Franklin Times

JAMES A. THOMAS, Editor & Prop'r

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Too Much Meat.

(Philadelphia Times.)

Most people eat too much meat. Nature has so bountifully supplied this country with animal food, that our people appear to have come to the conclusion that it is an essential duty on their part to make daily consumption of large quantities of it. While some animal food is needful, it is a great mistake to suppose that it is required three times a day as really as either dinner or supper. Europe, which does not supply half as bountifully, merely get meat more than once or twice a week, and yet they are as a general thing robust, strong, and capable of enduring hardship under which our great meat eaters would surely sink.

A writer says: 'The heavy work of the world is not done by men who eat meat. The Russian soldiers, who built such wonderful roads and carried a weight of armor and luggage that would crush the average Carthaginian, lived on coarse brown bread and sour wine. They were temperate in diet and regular in exercise. The Spanish peasant works all day and dances half the night, and yet eats his black bread, onion and watermelon. The Smyrna porter eats only a little fruit and yet he walks off with his load of 100 pounds. The coolie fed on rice is more active and can endure more than the negro fed on meat."

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