

3. Physical State: Fatigue, either acute or chronic, may be a determining factor in successful digestion.
4. Mastication: Thorough mastication of food is the first step in normal digestion. This requires normal teeth and proper habits of eating.
5. Rate of Eating: The gulping of partially masticated food is one of our most serious errors in the hygiene of nutrition. Why?
6. Amount and Character of Food: The selection of the proper amount and balance of foods for the individual is of vital importance.
7. Guide to Successful Nutrition: In attempting to judge whether his nutrition is normal, the individual can take certain factors as guides:

- a. Hunger: A general term by which we express the demands of the body for food to replace waste, supply energy and building materials. Sensation is referred to stomach. Taken alone it is not a safe guide.
- b. Appetite: Is psychic as well as physical. It expresses both a desire for and a relish of food.

c. Height and weight tables

The height and weight tables graduated for age are one of our practical indices of nutrition. The "average" weights shown on these tables are not an absolute criterion. Due allowances must be made for race and family habit. For children the Sydenstricker and the Baldwin-Wood tables are best; for adults, the Insurance Company Tables. Life insurance experience suggests that the optimum weight for young adults (under 40 years of age) is 5-10% above the average weights of tables.

d. Objective signs of successful nutrition

These are important guides for individual:

- (1) Color of skin and lips
- (2) Firmness of muscles
- (3) Posture
- (4) Regularity of excretions

e. Subjective signs of successful nutrition

- (1) Feeling of well-being
- (2) Energy
- (3) Endurance
- (4) Prompt recovery from fatigue