

### *Why Men Eat More Than Women*

**I**NVESTIGATIONS OF THE QUANTITY of food usually taken by men and women respectively, have shown that men eat more than women; and attempts made to regulate this, on the supposition that it was an abnormal desire for food on the part of the men that caused this discrepancy, have shown that men generally do require more food than women; and scientists have endeavored to find the reason why. But up to the present time they have not met with success and are only able to record the fact.

It must be admitted that they are very ingenious and painstaking in their efforts to get at the truth from their point of view with the means at their hands. In the investigation under consideration they were careful to exclude all who were athletes and to select men and women of about the same height and weight so that the body surface would also presumably be the same. Their subjects were in good health and in every way the case of one seemed to be uniform with that of the other.

It was noted that the women generated 1355 heat units in twenty-four hours as against 1638 heat units produced by the men, or about two per cent more for the latter per pound of body weight. The men produced about twelve per cent more heat than the women, and while the investigators are not prepared to make any very decisive or emphatic statements about the result of their investigations, it seems to be their opinion that the difference in food consumption may be due to the fact that men are more active than women, have more active tis-

sues in their body and are more free from fat.

This is only another case where scientists are doomed to fail, because they take into consideration only the dense body which they can see, feel, and measure. Man is, however, most emphatically not this body, but this body is a vesture of man. Moreover, it is his densest and most inert vehicle. Were it not interpenetrated by the vital body, composed of the four ethers, it would be as inert as a stone. In fact, we know and notice the difference between dead weight and live weight. How much easier it is to carry a living burden of a given weight than dead material weighing the same, because the former has a vital body composed of ether.

The scientific investigators are of course right when they speak of the inertia of fatty tissues, but there is no ground for the assertion that women are more subject to this impediment than men. The explanation of the difference in food consumption lies in the fact that woman has the negative physical and the positive vital body and therefore assimilates her food better than man, consequently requiring a smaller quantity; while man, whose physical body is positive, has a negative vital body and is therefore not able to assimilate as well as woman. Further, the heat units which he takes in with the larger quantity of food are quickly radiated by him while they are retained for a longer time by woman. Hence man, as said, generates twelve per cent more heat in a day than woman. Man wastes it while woman utilizes it in her economy and is therefore able to get along with less food.

In the *Rosicrucian Cosmo-Conception*, where we have taken up this and other points connected with nutrition, we have given a number of instances showing the difference between the

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action of a positive and a negative vital body as possessed by the two sexes. Only by taking into consideration this positive vital body of woman can we account for the fact that she remains warm with less clothing than man, while man, because of his negative vital body, which allows of the radiation of heat to a greater extent than the positive vital body, requires warmer garments.

It is a truism that we live not by what we eat but by what we assimilate, and, because of the positive vital body, woman has certainly the advantage of man in that respect. It will be found, however, that men of spiritual and devotional proclivities, men who are really living the spiritual life, are thereby, in a measure, changing the polarity of their vital body, so that it gradually becomes more and more positive. This is not accomplished in one life, but in a succession of lives; and eventually there will come a stage when the distinction which has been noted by the scientific investigators will disappear.

It is the writer's belief, or rather knowledge, that,

had these scientific investigations been carried on a few thousand years ago, the difference would have been much more marked. For although woman had not then arrived at her present standard, neither had man, and he was much farther behind in that respect.

The last two thousand years of growing altruism under the Christian religion have done wonders in making men less brutal and women more refined; and in a few hundred years, when we get to the cusp of Aquarius, the "Son of Man," by precession of the equinox, this distinction will probably have ceased and man and woman will be on an equal footing in regard to the fineness of their vehicles.

Remember this, however, that man lives not by bread alone. The higher the thoughts we think, the less gross and material we shall be. So we may take time by the forelock, and by pure thoughts refine our vehicles; and as we do this, we shall need less earthy food. This is the line of improvement for both men and women. □

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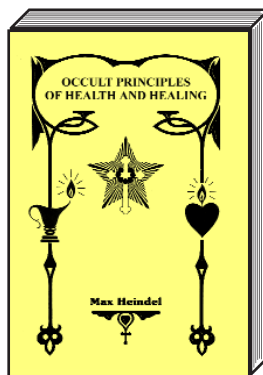
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