

3.

Thou asked in one of thy last letters, what the matter was with the food at home. Now, I don't like to complain of food, but since thou has asked my opinion, I'll tell thee just what I think. The reason that I lost so much weight was because I did not have enough exercise. The cause of my not having exercise was due largely to my studying, but after I was once so much run down, I could not eat much or eat meat more than twice a day without feeling it greatly. Consequently the fault lay chiefly with me, but I think that we have to eat too much bread at home. I know that when I came up here, I did not take bread when I