

clude secret or unrecognized cases. Germany affords the largest relative proportion. France and England follows next, while Spain, Ireland and Portugal are very little given to suicide. The Slavonic race is the least suicidal in Europe. As a general rule suicide is relatively more frequent among the civilized and cultured than among the ignorant and barbarous. It is striking that absolute want and destitution do not seem to be frequent causes. To incline to suicide there would seem to be required a sharp disparity between either the present and the past social conditions of the individual or between his desires and his attainments.

THE POWER OF WILL IN DISEASE.

This is the subject of a recent and somewhat lengthy editorial in the Medical News. The Editor says: The manure of the soil nourishing these delusions is a truth too often ignored and neglected by scientific medicine. It is the truth of the power of the emotions, of the will—of the spirit, if you please—over the flesh, of life over the beginnings of disease, and even over disease and death itself. Races and nations differ greatly in their power of resisting and overcoming disease, simply by reason of the characteristic attitude of the will and the disposition of the patient toward the physical illness. Just so do all, even brothers, differ in the same way. Thousands are physically sick because mental resolution and spiritual domination are weak and illogical. This is strikingly true in reference to the beginnings of disease. The secret of continuous good health does not always consist merely in physical resistance or robustness, but in sharply conquering the subtle beginnings of corporeal abnormality by pure will-power. There are two homologues of this power that illustrate it exactly. Who has not seen whimsicality, crankiness, and oddity by self-indulgence slowly degenerate into monomania, and even into downright insanity? And, again, who can doubt that in the commencement many such persons are perfectly conscious of the abnormal

tendency, and are, moreover, perfectly capable of not doing the ridiculous or self-forgetful things? They are at first driven by no imperious necessity. It is precisely so when one gives way to immoral courses of life. At first the voice of conscience is clear; by and by control is lost and the voice is entirely silent. The analogies obtain in the matter of health. The adage, "Resist the beginnings of evil," holds also here. All disease begins subtly, almost insensibly, as chill, lassitude, malaise, etc. Caught at this stage and fought down by a virile volition, that which by self-indulgence would have proceeded to genuine fever and illness may often be resolved into routine normality of health.

DANGERS OF HYPNOTISM.

At a church Congress at Hull, England, Dr. Alfred Carpenter referred to the dangers of the general practice of hypnotism. Still more dangerous is the doctrine of hypnotism, supposed to be new. Mesmerism, table-turning, spirit rapping, and its latest appellation, hypnotism, are only modern names for old arts. Moses knew the manipulators. In his day they were called wizards, and their offense was punished by death without the camp. No one can act by such means on the nervous system of another over whom he has found out his power, without rendering that other person weaker, and his brain cells less able to return to a healthy state. Our lunatic asylums can show numerous victims. Let me warn all such operators, who may be acting ignorantly, of the intense responsibility that they are undertaking in tampering with the intricate machinery upon which depends the accuracy of thought.

OVERWORK VS. OVEREATING.

The Medical Mirror says: An abuse that tends to the injury of brain workers is excessive eating. I recall to mind several active brain workers who suddenly broke down, and fancied that it was due to brain fatigue, when, as a matter of fact it was due to overstuffing of their stomachs. The furnace connected with their mental