

it, however, would probably do more harm than good. There are a number of simple sensible methods of treatment by which the affection may be overcome. Above all the formation of good habits, of taking an abundance of water, of eating coarse food, the peelings of baked potatoes and the parings of baked apples and an occasional orange with its peel, and using marmalade rather freely as well as eating whole wheat bread will gradually overcome the condition. The important thing is not to mistake the merely physical affection for a spiritual disturbance.

It requires persistence to form good habits and it is ever so much easier just to take something that will supposedly do the same good work "while you sleep" and are not bothered by the exertion of the will power necessary to form the habits that are required. Many a disturbance of health is due to sloth and laziness rather than to ignorance of what ought to be done or to any inherent tendency to ill in the body. Any number of people blame Providence for ills which they have brought on themselves by neglect of their own health and the habits necessary to maintain it.

Nothing so conduces to good health as the regularity of life without haste and without worry which the rational practice of religion brings in its train. The attitude of mind that a trusting faith in the Almighty fosters is particularly likely to prevent the neurotic symptoms and exaggerations of feelings which are responsible for so much of the modern suffering of mankind. It makes the real pains and aches ever so much more bearable and eliminates those which to a great extent are imaginary. The success of all sorts of curious therapeutic systems which prove after a time to be utterly without beneficial