ought to be made to do either of these things in order to find out that no harm will come to him. Now, children are seldom really afraid unless they have been made so, and it is a curious fact that the most timid child shrinks from disclosing his fears to any one. In such a case some one has certainly warned him that worse things will happen if he dares to disclose the reason of his alarm. Very often it is the simplest thing which has been made to appear so terrible under certain conditions.

TAKING COLD.

Colds are probably the most common ailment in the world. They are always disagreeable and oftentimes dangerous. A person in good heath, with fair play, easily resists cold, but when the health flags a little and liberties are taken with the stomach or with the nervous system, a chill is easily taken, and, according to the weak spot of the individual, assumes the form of a cold or pneumonia, or it may be jaundice. Of all causes of " cold " probably fatigue is one of the most efficient. A jaded man, coming home at night from a long day's work, a growing youth losing two hours' sleep over evening parties two or three times a week, or a young lady heavily " doing the season," young children overfed and with short allowance of sleep, are common instances of the victims of " cold." Luxury is favorable to chill taking ; very hot rooms, feather beds, soft chairs create a sensitiveness that leads to catarrh. It is not, after all, the " cold " that is so much to be feared as the antecedent conditions that give the attack a chance of doing harm. Some of the worst " colds " happen to those who do not leave the house or even their beds, and those who are most invulnerable are often those who are most exposed to changes of temperature, and who by good sleep, cold bathing and regular habits preserve the tone of their nervous system and circulation. Probably many chills are contracted at night or at the fag end of the day, when tired people get the equilibrium of their circulation disturbed by either overheated sitting or underheated bed-rooms and beds. This is specially the case with elderly