



CHRISTMAS ACTS AS TONIC

Happy and Exhilarating Mental Spirit Has Good Effect on People, Declare Medical Observers.

Close observers in the ranks of the medical profession have noted one very interesting fact concerning the Christmas season—that it generally has a good effect upon their patients. In explanation of this the London Lancet says that since Christmas has come to be regarded as a time for good cheer, a universal feeling of contentment and happiness is engendered at this time of joyousness, routine is for a while relieved, a certain freshness is given to the daily round, differences of opinion are sunk, and a charitable spirit prevails. Is it, by the way, hoping for too much that the season of good fellowship should leave some lasting effect upon the manners and methods of all?

It may be easy to trace exactly why this sense of exhilaration and well-being comes with the advent of Christmas, for the psychological factors concerned are not simple. But the main point is that the mental state does everybody good, and the annual festivity is just as excellent an institution as the prescription of the physician which gives tone and vigor to

the struggle in life's race. There is no need nowadays, thanks to the good sense of the people and the counsels of their medical advisers, to moralize about the evils of a stupid indulgence in food, alcohol and and-tobacco on a festive occasion such as the present. Practically everybody realizes the great physiological advantages of being wise on a merry occasion and the disadvantages of being a fool.

Many more persons than formerly feel where use ends and abuse begins, and they act sensibly accordingly and so far from it being a crime to make the season festive by enjoying on a little extended scale perhaps, the creature comforts of life, some decided good is done to both the mental and physical health of the individual.

The festive season may, therefore, be welcomed which brings cheer to those and which induces the generous and charitable to brace the mental and physical functions of the community at large, giving it the opportunity of relinquishing its business and its worries for a time, to start again refreshed and ready for "the trivial round, the common task." The prescription "A Merry Christmas" is sound so long as the "signature" of good sense is observed.

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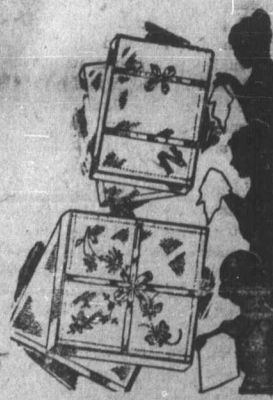
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