

is lost and the subject of the unbalance is often, least of all, aware of the seat of the difficulty. As life in its rounded fullness is a matter of harmonious relations, the focusing of the consciousness upon self brings morbidity and confusion.

Irritability, censoriousness, resistance and extreme sensitiveness are among the well recognized symptoms of nervous prostration, but their potency among its causes is not so generally understood. How futile, and even absurd to put drugs into the stomach for the cure of such conditions. The poor nerves are not to blame, for they are only the passive wires of communication. But they become disabled and shattered by the friction induced by messages of discord, unrest, and pessimism. The seat of the trouble is back of the material organism, and to deal with that exclusively, is only to manipulate results without touching causes.

A change of our ward environment often mitigates nervous depression so long as novelty and strangeness continue, but sooner or later the pressure of consciousness comes back upon the congested itself. Permanent healing must begin at the centre. External panaceas do not turn, but only interrupt the current which flows into the egotistic whirlpool. The bitterness of the springs of life must be sweetened at the fountain otherwise the fruits are bitter. When the mind persistently revolves in the little circle of selfhood the sense of normal relation and harmony is lost, and the end is refuge in some conventional asylum where an unscientific and materialistic treatment affords little hope.

The abhorrent sensationalism of the daily press is responsible for much of the nervous unrest of the present era. Whatever is morbid, tragic, abnormal and diabolical is thrust before the eyes and minds of people in its lowest form, and if anything is lacking, enough is manufactured to keep up a mental inebriety. A gigantic mass of discord is produced for a daily dose. The psychic storm is continuous, and only through isolation and control will guarantee immunity. It need hardly be noted that selfishness is the cause of modern sensationalism.

Antagonism is a potent factor in nervous generation. As one sets himself against things, they seem to turn their worst side toward him. Nothing is more

destructive than a continual resistant and pessimistic spirit. We are not detached human units, but life is the product of multiform and complex relations. To ignore this great truth causes a sense of separateness and this breeds selfishness and a discordant physical articulation and correspondence. We are living in a social universe and personal maladjustment brings penalty.

It is possible for everyone to consciously cultivate trust, passivity, non-resistance and optimism. Salvation comes from persistent high thinking. One may take the principles here briefly outlined and work out his own conclusions and conditions.—Henry Ward in "Health."

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#### INFECTIOUS NATURE OF WHOOPING COUGH.

Dr. Weill, through numerous experiments, has demonstrated that whooping cough is infectious only in its catarrhal stage. He has for twenty days kept almost 100 children in the same division with young patients in the convulsive stage of whooping cough, and only in one case was there any infection, and this in the case of a child which was in the very initiatory period of the convulsive stage. Observations in three minor epidemics have led to the same results. *Berliner Zeitschr.*

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#### BOOTS WITHOUT HEELS.

Grace in walking and the free and easy propulsion of the body forward, also maintenance of the arch in walking, is due to the flexor muscles, which let the heel down gently and with precision, raising it with firmness and vigor, and it follows that these will not occur if the boot or shoe prevents the heel from going down or springing up, as in the case in high heels. A low heel then is imperative. The perfect boot or shoe will have no heel. Nor can free action of the flexor muscles have their best effect if the sole be turned up at the toes. The sole should be flat. There has been great improvement in shoes in recent years, but we are not yet at the end of our progress.—Health.

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#### COLCHICUM IN RHEUMATISM.

Colchicum is an excellent remedy in gout and in rheumatism. According to Dr. Gisevius, of Berlin, it is most