

## YOU ARE AS YOUNG AS YOU FEEL

People grow old by thinking themselves old. When they reach the age of forty, fifty or sixty, they imagine that they look like others of the same age, and that they soon will be useless, unfit for work, and unable to perform their wonted duties. Assuredly as they think this, it will come true, for thought is creative. How many of us can say, with Job, "The thing which I greatly feared is come upon me."

The time will come when children will not be allowed to celebrate their birthdays; when they will know that, by thinking themselves young, they will remain young and that they will cease to grow old when they cease to believe in old age. The body is built up of beliefs, and our convictions are stamped upon every fibre of our beings. What we believe, what we think, that we are; so people who remain young in spirit never grow old.

Not one of a hundred students, of whom the writer was one, under Oliver Wendell Holmes, at Harvard, ever thought of him as an old man, although he had then passed his eightieth birthday. His spirit was so young, and he was so buoyant, so fresh and full of life, that we always thought of him as one of ourselves. His vivacity and joyousness were contagious. You could not be in his presence five minutes without feeling brighter and better for it. The genial doctor never practised medicine, yet he did more to relieve human suffering than many practising physicians. His presence was a tonic; it was a perpetual delight to be near him.—"Success"

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The Bolnitchinaia Gazette Botkina tells of a peculiar "gastronomic" apparatus unearthed by the police in one of the Moscow restaurants. The machine is supplied with a large pipe into which all the remnants from the tables are thrown, and by turning a crank converted into cutlets, pastry and other tempting dishes. There is evidently some ground for the popular notion that dogs are converted into sausages by the aid of special machines.

## HEADACHE.

The Bryonia headache is chiefly gastric, rarely neuralgic. It is characterized by vertigo, worse rising, heaviness, pressure and soreness. The headaches are often occipital, going from the forehead back to the occiput, differing here in direction from a large number of remedies whose headaches commence in the occiput and move forward. Headache commencing in the morning when first opening the eyes. The headaches are all aggravated by any motion, even of the eyeballs, and by any exertion. Rheumatic headache, such as would result from bathing the head after perspiring; in such cases opening the eyelids increases the pain. There is drawing in the bones towards the zygoma and tearing pains down the face, temples, neck and arms. The ache is also characterized as "splitting," and it is somewhat ameliorated by pressure, but not by heat. Headache from exertion in a warm room, as from ironing. After the headache has lasted for a time the scalp becomes sensitive to the touch. As a rule, light and noise do not aggravate, as under Belladonna.

Gelsemium has a headache, with soreness of the eyes on moving them.

Spigelia has pains darting from behind forward through the left eyeball.

Silicea has pain coming up from the nape of the neck through the occiput and over the vertex, and so down on the forehead.

Carbo vegetabilis has dull heavy pains extending through the base of the brain from the occiput to the supra orbital region.

Natrum muriaticum has a headache, as from little hammers, worse moving head and eyes.

Petroleum has a throbbing occipital headache.

Juglans cathartica has an occipital headache, with sharp pains.

Remember that all the Bryonia head symptoms are worse from motion and exertion.

On the external head Bryonia develops an oily, greasy perspiration, making the hair oily; sometimes it has a sour smell from over-activity of the sebaceous glands.—Medical Century.

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In several islands in the Pacific, where almost every one who can afford it is tattooed, the reason given is that by so doing they have a much better chance for getting safely into the other world.