

Dr. Green, "one remotest corner or little inlet of the blood vessels of the human body that does not feel some wavelet from the convulsions occasioned by a good hearty laugh." "Laughter accelerates the respiration and gives warmth and glow to the whole system. It brightens the eye, increases the perspiration, expands the chest, forces the poisoned air from the least used lung cells, and tends to restore that exquisite poise or balance which we call health which results from the harmonious action of all the functions of the body. This delicate poise which may be destroyed by a sleepless night, a piece of bad news, by grief or anxiety, is often wholly restored by a 'good hearty laugh.'"

The San Francisco "Argonaut" tells us of a woman, "a victim of a crushing sorrow, despondency, indigestion, insomnia, and kindred ills, determined to throw off the gloom which was making life so heavy a burden to her, and established a rule that she would laugh at least three times a day, whether occasion was presented, or not; so she trained herself to laugh heartily at the least provocation, and would retire to her room and make merry by herself. She was soon in excellent health and buoyant spirits; her home became a sunny, cheerful abode." That's one way to make a laugh do its glorious work; but physiology asserts that "the great sympathetic nerves are closely allied; and when one set carries bad news to the head the nerves reaching the stomach are affected, indigestion comes on, and one's countenance becomes doleful." A good laugh is the antidote. It is a cheap medicine.

Cheerfulness may be called the new gospel, because it lifts men out of the mire of despondency and places them on the rock of joy. Children should be trained to habits of mirth from the very cradle. Dejection in the heart is apt to become stupidity in the head, and against stupidity "heaven and earth fight in vain. Pillets and pills, capsules