asked what physician he had employed in his stead. "No one," said the man, "for we had such unbounded confidence in your judgment that we let the child alone to die, and it got well."

NERVOUSNESS AND SELFISHNESS

Neurasthenia has become so much in evidence in America that it has given us an unenviable notoriety, in this direction, among the nations in general. We boast of our high civilization, but however desirable this may be, if peoples and races, lower in the intellectual scale are more free from this fundamental defect in nerve force, there is something wrong, and we will do well to seek for the underlying cause. It is common to attribute thoundue prevalence of nervous disorders to our dry and exciting climate, or some other "glittering generality" which does not bring the responsibility directly home to the individual. Human pride consrantly demands "scapegoats." But it is better for us, collectively and individually, to "confess judgment," for that in itself tends to mitigate penalty. When a fault is definitely located its rectification is well advanced.

Overwork conventionally bears a large share of the blame for nervous collapse, but far oftener the cause is over indulgence in some or its many forms which have selfishness for their root. Broadly defined, selfishness includes every abnormal concession to the lower nature. Any such surrender is mental and moral in its character, for those manifestations which seem distinctively "physical" are only the outpicturing and expression of that which is back of them.

Certain physical habits so called as for instance, the immoderate use of tobacco, stimulants, drugs, strong tea and coffee, and other hygenic transgressions, are admitted producers of nerve disturbance. The sensations produced by these agencies, including those that are earlier and seemingly pleasurable, and

later, those which are painful, are all really psychical and not physical, per se. The physical organism is only the medium which by use of the nerve channels conveys pleasurable or painful sensations to the mind—the unseen selfish self. There is an interior, spiritual and more real self which is intact, but as this is generally latent and largely unrecognized, the lower and provisionally dominant self is that which is in evidence. But space will not permit of a consideration of the former in this connection.

The selfish self receives both gratification and pain, in varying degree through the medium of its physical equipment. The latter is not the recipient of the message, but only the wire which conveys We shall find that the man -- or mentality-as sovereign, should exercise the power to control, transform and adjust the messages which are sent out and received at his "headquarters." this is the ideal, it may be admitted that its realization must be gradual because the evolutionary stage for its fulness is not yet reached. Human emancipation from materialistic slavery is a matter of degree and growth. But the laws of growth need iteration and reiteration, for they form the only highway for a forward movement. To find the tap root of certain vegetables requires deep digging, and so the primal and vital elements of causation are hidden by those which are secondary and near the surface.

Selfishness, when broadly defined, is not limited by avarice regarding the mere possession of things, but, as before noted, it includes every sensuous gratification of the lower nature which is included for its own sake. It deceives its own vettim, for man is so constituted that penalty finally outweighs all the seeming advantage. A true self interest is normal, but selfishness is the abnormal which lies beyond. It would draw in and not give out. It gradually develops a vortex in which the ego becomes submerged. The equilibrium between what is subjective and objective

"RADNOR"

Dr. J. R. Kippax, Professor of Medical Jurisprudence in the Chicago Homeo pathic Medical College, writes: "Radnor Water is an agreeable and exceedingly pure table water, and surpasses the leading German Waters in therapeutic value."

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