

NERVOUS PROSTRATION.

A physician says it is a great mistake to imagine, as most people do, that nervous prostration is usually the result of overwork. In the course of a medical practice of more than a quarter of a century he has not met more than half a dozen cases of nervous prostration so induced. Much more often it is the result of want of exercise, bad eating and deficiency of sleep. Of all these the first is probably the most serious, and if a man wants to bring on an attack of nervous prostration he cannot do so with a greater certainty of success than by neglecting physical exercise and spending all his time in chasing dollars and none in wooing health. The exhaustion which comes from work is cured by rest, the best of all antidotes for the ailment. But the exhaustion of work is frequently accompanied by some other bad condition which prevents the body from restoring itself through the natural process—sleep. This condition comes from either failure of the digestive organs to supply the proper amount of nutriment for the repair of wastes or the production within the body of poisonous substances which paralyze the vital powers and prevent the natural processes of assimilation. Of course, when the symptoms of exhaustion have declared themselves, the first thing to do is to let a physician diagnose the case and find out the cause. After this spend two hours daily in vigorous outdoor work. You will do more mental work than you did before, and it will be of better quality. Get eight hours solid sleep, and nine if you need it, and if you don't know how to eat properly, get some common-sense, intelligent person to teach you. Do this, and stop visiting, worrying, and fretting your energy away in social duties for awhile, and you will soon drop your gruesome face and begin to feel that there is some sunshine in the world after all.—Los Angeles Times.

Don't throw away the stones of fruit you use during summer and fall. Cherry, plum, peach and apricot stones, washed or boiled in clean water, dried in the sun, and put into chintz or print bags, cannot be excelled, when hot applications are needed for earache or toothache. Heat one of these bags in the oven and apply to the affected part. The stones give a pleasant, spicy odor, and retain heat a wonderfully long time.

MERRY CHRISTMAS.

A Merry Christmas is being arranged for at the Hospital. A tree with gifts for patients, as well as permanent inmates of the Home, is being prepared, and an entertainment will also be provided. Gifts for the tree and for the Christmas dinner should be sent to the Hospital as early as possible. Anyone desiring further information as to what is desirable to be done can get it from Miss M. E. Baylis, 55 McGill College Avenue or telephone Uptown 481.

NEW BOOKS.

The Phonendoscope is a comparatively new instrument—a great improvement on the old Stethoscope. The RECORD has received a copy of lectures delivered by Dr. Aurelio Bianchi giving a description of the Phonendoscope with its practical application. The little volume is a book of nearly one hundred pages, profusely illustrated with descriptive outlines of the human body, showing the advantages of the Phonendoscope in physical diagnosis. Published by George P. Pilling & Son, of Philadelphia, Penn.

HABITS.

Most people are the slaves of their habits. They form them for their convenience or amusement; and, eventually, are mastered by them. A sudden prolonged interruption, which entails the renunciation of one of these habits, is a real deprivation, which chafes and irritates out of all proportion to the cause.

To successfully treat a case of chronic disease, the doctor must inquire into all the habits of the patient. He must instruct the latter as to the nature and wisdom of these habits, and break him from those which are injurious by substituting something else. The novelty and pleasure of forming a new habit is the best way to wean a man from a bad one. Habits easily grow from propensities to passions if let alone. But go slow in touching the habits of the aged. They have become woven into the very fabric of the constitution. To hack at them is to imperil the citadel of life itself. Revolutions are not well borne in these cases, and the doctor's treatment must adapt itself to the conditions as he finds them.—Medical Brief.