

more or less than chemical irritation. The action of the hammer, suggested by way of illustration, is purely mechanical, for example."

Little is known about thought and perception, judgment, reason and their attendant senses, except that they are all laid directly behind the frontal bones, and that it is here that the will power is generated, to be telegraphed into every corner of the body. These cells here, some of which seem to be constantly in service, others only at times, are really the most important in the brain. They are the seat of the mind, and it is these, and these only, that the malady of "worry" strikes at to kill.

A man may worry, it is true, for years and there may be no very serious results. A woman may fret on and on, and still keep fairly well. But there is always the danger of "possession" of the "one idea," suddenly grown to be dominant, mastering the will power and paralyzing, as it were, the working of the system.

Death does not, in a large proportion of cases, result. A man or a woman may be sick almost to death with any disease, and yet not die. "Worrying," as a disease of itself, has other dangers. Such a thing as a partial injury is possible—an injury to the brain cells that will not kill, but will bring discomfort and weariness and incapacity to do good work, think good thoughts, or correct ones, form good judgment, and this is almost as bad as death itself.

Now that the scientists have expounded the philosophy of worry, it will be seen that it is as dangerous as an electric battery, and should be carefully avoided. It is good, at least, that one of the "ills that we know not of" has been made manifest.

HOW TO ABOLISH WORRY.

How can worry be abolished? That is the question which we propose to answer. Simply drop the morbid idea that causes it and put in its place a true thought. Let go of it! If it comes back again kick it out as you would a robber entering your room. Whenever it appears drive it away. Stamp your feet on the floor. Clinch your fists if it needs be, but in some way oust it. Do not let it have possession of the chambers of the mind, to leave its evil effects. But do not fail to put other ideas, other thoughts in its place. If not, other and perhaps worse ideas involuntarily come in and fill the void, and the last state of the person may be worse than the first.—*Journal of Hygiene.*