

habit above mentioned, and it will often be found that a glass of water or a seidlitz powder in water taken before breakfast, with or without a walk at the same time, will be a simple remedy. Due exertion is requisite for this as for every other condition of health, but excess in perspiration tends to produce constipation.

Cold hands and feet with only ordinary exposure show not only that the circulation of blood is defective but that the quantity of heat produced in the body is insufficient, and that the body should be kept warm. The natural mode of warming the body is to take food, but the appetite may be defective or the digestion out of order, and thereby the food is insufficient to produce the required effect. If this be due to ill health it must be remedied by other means, but warmth by clothing, fire, and hot food, by exertion and by rubbing the skin will be useful, and at the same time attempts should be made to improve the appetite and digestion.

No one should sleep with cold feet, but have a bottle of hot water in bed to remedy that evil. Hot milk is the best food.

Many suffer from intense headache which is not due to any apparent cause, but it usually occurs only when some function is out of order, and it is to such only that we now refer. With that condition the bowels may be constipated or the liver disordered. The appetite fails, indigestion occurs, cold hands, feet, and skin follow, and there is a general sense of languor and ill health. The spirits become low, and if there are troubles they are magnified, and we look at the dark instead of the bright side of the picture. Then the connection of mind and body becomes very apparent, and we are conscious that the former is by no means free.

Warmth to the body, warm food, a good aperient and perfect