

demons driving bolts into men's skulls, and toasting them on great forks! The author of *The Imitation of Christ*, on the other hand, must have been blessed with a good digestion, and a liver which gave him no "moods." His biographers say he was "a placid, kindly, fresh-colored old man;" and, indeed, his books reveal all that. Probably our best methods are always tinged with a shade of melancholy. Montaigne says, "the most profound joy has more of gravity than gaiety in it;" and Dr. Fothergill wrote of the mental attitude of "feeling delightfully low-spirited." "The rainbow of our thought life," as the author of *Thorndale* so beautifully expresses it, "is made of joy and tears, the light and storm." The dark and the bright threads of our life are so interwoven, that our healthiest attitude cannot be called unalloyed joy. The highest music, painting and poetry most truly express the sanest moods of man when they exhibit joy chastened by the "sadness which is most akin to pain."

The lesson which we should endeavor to learn from a study of the moods which so easily possess us is the importance of a firm will control acting like the inhibitory nerves. If our mental states are so often caused by pathological conditions, it is no less true that the mind can control the body; and the man or woman who, in popular phraseology, "gives way" to his moods, runs imminent risk of becoming their slave.—Editorial in *Br. Med. Jour.*

The Hygienic Uses of the Imagination.—In a recent editorial entitled "Considerate Judgment," we endeavored to emphasize the necessity of basing conclusions on well ascertained facts, and stated that only those theories which could be thus substantiated would be found enduring. But in the attainment of truth we are by no means debarred the full and free play of a well disciplined imagination; indeed, it often points the way to undiscovered truths; it is by no means infallible; its suggestions always need verification; but imaginations verified become with us accepted facts. Under the above heading, at the recent meeting of the British Medical Association, Sir James Crichton