

the farmer, the baker, the manufacturer, the builder. But when he sees how grain grows and is converted into flour; how furniture is wrought from blocks of wood and threads woven into cloth, the whole history of the objects about him is revealed. The different parts of life become connected and he gets a sense of the thread of harmony that runs through it all. And he has a moment of satisfaction, coming through a feeling of kinship with the world, which is more useful than gratitude upon general principles.—Florence Hull Winterburn, in Woman's Home Companion.

HOW TO BE CHEERFUL.

The sovereign voluntary path to cheerfulness, if our spontaneous cheerfulness be lost, is to sit up cheerfully, to look around cheerfully, and to act and speak as if cheerfulness were already there. If such conduct doesn't make you soon feel cheerful, nothing else on that occasion can. So, to feel brave, act as if we were brave, use all our will to that end, and a courage fit will very likely replace the fit of fear. Again, in order to feel kindly towards a person to whom we have been inimical, the only way is more or less deliberately to smile, to make sympathetic inquiries, and to force ourselves to say genial things. One hearty laugh together will bring enemies into a closer communion of heart than hours spent on both sides in inward wrestling with the mental demon of uncharitable feeling. To wrestle with a bad feeling only pins our attention on it and keeps it fastened in the mind; whereas, if we act as if from some better feeling, the old bad feeling soon folds its tent like an Arab and silently steals away.—Professor William James.

HOT WATER IN GASTRALGIA

As reported in a recent number of The North American Journal of Homoeopathy Dr. Barker, of Chicago, considers hot water the very best remedy in gastralgia. He has the patient drink hot water in large quantities. He had found two medicines of special value, dioscorea and magphos. The dioscorea be given in the tincture in five-drop doses, and every ten minutes in severe cases.

MORTALITY FROM DIFFERENT DISEASES.

—Prof. Snellison ("American Journal of Health") states that of 1,000,000 persons only 900 die from old age, 1,200 from gout, 18,400 from measles, 2,700 from apoplexy, 7,000 from erysipelas, 7,500 from consumption, 48,000 from scarlet fever, 25,000 from whooping-cough, 30,000 from typhoid and typhus fevers, and 7,000 from rheumatism.

Dr. Burnett, in his work on gout mentions hydrangea arborescens as a great remedy for prostatic-bladder-urinary troubles of men. He says, "I first used the hydrangea in urinary troubles more than twenty years ago at the suggestion of the late Dr. Henry Thomas, who held it in very high esteem. Elderly gentlemen with prostatic troubles came to him from far and near, and they mostly got hydrangea." About five drops of the tincture in water twice a day.

The provers of chelidonium all experience extremely cold feet; one of them who was subject to cold feet was cured by the proving. Hence chelidonium 3 ought to cure abnormally cold feet.

ABBHEY'S EFFERVESCENT SALT.

A pleasant effervescent aperient, taking the place of nauseating mineral water. Recognized and prescribed by eminent members of the profession in Great Britain and Europe and Canada.