

stimulants by day to continue the incessant work which his nervousness compels, and narcotics at night to induce sleep, the condition quickly deepens. If by this time some slight illness does not intervene, or some organic degeneration disclose itself to bring his career to a close, he begins to realize that he has been living way beyond his physiological income; that his nervous expenditure has been out of proportion to normal recuperation, and that he has been draining his vital forces to such an extent that little remains of his original capital.

If he is wise he will now pursue the course that would suggest itself to a prudent business man whose financial affairs had lapsed into an analogous embarrassing strait. The latter would curtail his expenditures, contract his business to a limit commensurate with the capital that yet remains, and nourish the resources that are left, until by prudence and zealous care, not only is the impending crash averted, but a sound basis laid for future operations. A long period of rest, an entire relief from business and professional cares, a complete relaxation from nervous strain is the only resource for the physiological bankrupt. If he takes it, he may retrieve his shattered forces; if not, his days are soon numbered, for he cannot live fast and life long.

The exercise of the mental as well as the physical powers, even when hard pressed, is conducive to health. It is claimed that the continuous and often laborious exercise of the mind is not only consistent with a state of mental health, but promotes longevity. A man may easily worry himself to death, but hard work of mind or body, in itself, injures no one. Work becomes harmful when it calls for haste and strain to meet the exigencies of the demand, when it is attended by an absorbing singleness of thought upon one subject, and is persisted in with such ardent enthusiasm as not only to allow diversion to other subjects, and when the outcome is attended with such uncertainty as to distress and worry.

For those who are too absorbed to take the rest and recreation needed, or whom necessities compel to struggle on from year to year without a summer break in the monotony of their lives, the reserve of strength is soon exhausted, and the age of decline soon begins.

Just when the prime of life is passed and the decline begins is not at any fixed age. Of those who start in life under equal conditions of robust health, and upon whom casual sickness falls with even hand, some will have finished their career in half the time to which, with care, it might have been prolonged, or become old ere their fellows reach their prime, and this because they have lived too fast, have been too prodigal with their physiological capital.

But, guarded as it may be, there comes a time to every one who lives long enough when this reserve must be drawn upon. In youth and lusty manhood the forces of the system, in full and generous play, supply vitality enough for all its needs, and leave in store a fund of strength exuberant.

As years increase, and the "big manly voice, turning again toward childish treble, pipes and whistles in his sound," more niggardly does nature yield fresh powers, and barely grants enough for each day's wants. As age advances to "second childhood and mere oblivion," the vital powers are well nigh quenched, and each succeeding day sees less reserve to draw upon. Now the mind begins slowly to fade away; a last fleeting glimpse of childhood days awakens momentary thought; a passing recognition seems to cause a smile: ideas of time and place

all pass away, and, with the last uncertain breath, and feeble throb, the reserve has ceased to be: life succumbs to age, and the account is closed.

DRINK IN BELGIUM.

Belgium seems to bear the palm among nations as to the extent of the alcoholic indulgence of the male population. There are 150,000 "schnapps" houses in Belgium, one to every thirty-nine of the inhabitants. Deducting the number of children who do not drink, and bearing in mind that Belgian women drink very little in these liquor shops, there is one drinking house to every fifteen adult males. In 1891 the money value of intoxicants taken in Belgium was nearly £18,750,000, about a third of the entire average wages of the workers. Holland, also famous for the generous consumption of "schnapps," has only one drinking house for every 250 Dutchmen.

TOBACCO POISONING IN INFANTS.

An American contemporary calls attention to the likelihood of the infants of the poor being poisoned by having to inhale an atmosphere saturated with tobacco smoke. With the limited accommodation at their disposal, it is quite conceivable that men after coming home from work, and in the early morning, poison the air of the room in which the family live. A correspondent goes so far as to say, indeed, that he has met with many such cases, the correctness of his diagnosis being proved by the recovery of the infants when the cause was suppressed. Infants a few days old are naturally very sensitive to the effects of a pollution which would inconvenience even grown up persons, and although there is a tendency for tolerance to be established, it can only be at the expense of health. The symptoms are, loss of appetite, sunken eyes, listless ways and restless nights, with nausea and vomiting. It would perhaps be as well for medical men practising in the poorer districts to bear this possibility in mind.—*Medical Press.*

Three things to love: courage, gentleness, affection. Three things to admire: intellectual power, dignity and gracefulness. Three things to hate: cruelty, arrogance and ingratitude. Three things to delight in: beauty, frankness and freedom. Three things to wish for: health, friends and a cheerful spirit. Three things to like: cordiality, good humor and mirthfulness. Three things to avoid: idleness, loquacity and flippant jesting. Three things to cultivate: good books, good friends and good humor. Three things to contend for: honor, country and friends. Three things to govern: temper, tongue and conduct.

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