

people. In such cases the mischief is not always done instantaneously or in a single night. It often takes place insidiously, extending over days or even weeks.

LAUGHTER AS MEDICINE.

For every good hearty laugh we indulge in there is a day taken off our age. Why should we take life so seriously? Cannot we labor as well, or better, accomplish as much and enjoy life as we go along, if we keep on the watch for every possible opportunity for a good, blood-stirring, pulse-tingling laugh? Let us try it for a year. Let us put away all those wrinkle-producing, skin-withering, blood-drying, heart-narrowing feelings of envy, spite, jealousy and secret hatred; those petty, penny-grasping, soul-contorting, narrow-minded ambitions and desires, and make up our mind to live to enjoy living as long as we do live, and to live as long as we can. Joy is the sunshine of the heart, and cheerfulness and honest mirth bring forth the blossoms and unfold the leaves, and their fragrance sweetens all our lives and the lives of others. Let us not worry. Worry drains the system of its vitality and shortens our lives. Fun is better for a sickly child than medicine, has been said. Are we not children grown a little older? and is not mirth the best of medicines?

Let us laugh, then, as we go along, and enjoy every moment of time as it passes, keeping with us eternal youth.

CANADA A HEALTHY COUNTRY.

The result of the Dominion Census has proved long ago that Canada was one of the healthiest countries in the world to live in. Some, however, were inclined to doubt the data upon which this fact was based. It has, however, quite recently been established by one of our largest Canadian Life Companies—the Canada Life—that the Census was correct. The data which forms the foundation for this statement consists of tables, recently published, in which 35,287 lives are considered. Of this number 19,419 were living at the close of the observations.