

his head, to triumphantly make two hairs grow upon many other heads where only one grew before.

There is no banter, but serious, absolute, and immovable truth in even the most facetious thrust at medical inactivity. Dean Swift was more than an inspired philosopher, when he maintained that "the best doctors in the world are Doctor Diet, Doctor Quiet, and Doctor Merryman." A French proverb puts it in a different, yet equally accurate fashion, to wit: "There are three doctors—who do not deceive themselves—merriment, mild exercise, and modesty in diet."

It is most painful, and naturally enough, it is aggressively resented by didactic and propaedeutic medical men—to be told that the best they can do in most instances is to avoid mischief and injury. Indeed, until a few years ago no scientist or physician dared assert this truth without fear of ostracism or the accusation of "violation of the code of ethics." Then on New Year's Day 1901 Dr. Osler, in an article in the Sunday Sun of New York paid a great tribute to several cults of "irregular" medical practice, semi-quackery and Christian Science. In his article he said that these particular forms had this much in their favor, namely, they do no harm. Homeopathy gives inert, sweetened, fatuous drugs, Christian Science is a reaction and recognition of the futility of nauseating mixtures.

Perhaps, I may emphasize this with a recent experience. The telephone rang. "Doctor, Mr. S— has pneumonia. He has been ill with it three days. Dr. M— a homeopath is in attendance. We wish to change physicians and have a scientific, laboratory man—that is, a non-homeopathic physician—attend him." I at once advised that the homeopath be kept in charge "because they can do no harm." Mr. S— soon recovered. You see, a homeopathic physician is much like not having a doctor. Therefore no harm ensues.

Do not mistake me. There are various malignant maladies, which require the active skill of the foremost physicians and surgeons of the best universities and hospitals. This, however, does not offset the discovery of the past decade that ninety-eight human distempers in every hundred will recover and re-establish the healthful tissue equilibrium of vitality through nature alone.

Massage is often of Benefit to Babies

Mothers often ask me if massage is good for babies; massage is simply a form of passive exercise, and if the child has been ill and is too weak or delicate to care to exercise naturally, massage well given is no doubt a great benefit; but if possible a doctor or a nurse should show the mother how to give it properly. Mothers often rub their babies with cod-liver oil and think they see wonderful benefit from it, while in reality it is the massage which really is proving beneficial, promoting good circulation in rather delicate, inactive children. It is well to lubricate the hands with something when giving massage, however, but I prefer either olive-oil or cocoa-butter to cod-liver oil; the latter ruins the clothing and has such a disagreeable odor that one often feels sorry for the poor baby who must endure it all the time.

Massage of the hands and feet is sometimes helpful to babies who habitually have cold extremities; a little salt may be used when rubbing these parts.

"That Tired Feeling"

An able English medical writer has lately written a most interesting paper bearing the title, "On Being Tired," in which he offers what may serve as an excuse for many who have been dismissed with the diagnosis, "lazy."

It is a scientific fact, proved by exhaustive experiments with delicate recording instruments, that fatigue has a chemical basis; the body manufactures its own fatigue-toxins more rapidly than they can be thrown off; and it is quite possible that there are persons who inherit a special tendency toward this unfortunate form of manufacture, and that they are the persons described as "born tired."

There are others who, although not "born tired," fall into a condition where they either manufacture their toxins of

fatigue too rapidly, or, through some fault of metabolism, fail to throw them off fast enough.

Many such sufferers would find themselves helped, as if by miracle, if submitted to a course of treatment tending to thorough purification of the liver and intestinal system, and for this reason the treatment advocated by Metchnikoff of keeping the intestinal tract under the daily influence of doses of lactic acid, either in tablet form, or in milk treated with it, may cure cases of permanent tiredness that have resisted other treatments.

It is small wonder that those who suffer from chronic fatigue should be found very irritating by their fellows, for the reason that work is the only thing they seem to balk at. When the idle British workman says, "I eat well, I drink well, I sleep well, but when I see a job of work coming along, I'm all of a tremble," it is natural to think of a thrashing as the best solution. But modern science steps in and says, "No, keep the thrashing till the last. First examine his eyes, his heart, his digestive system; put his body in perfect condition, cure him of poisoning him-

self, make him well, for few really well persons are lazy."

In that form of chronic fatigue caused by a weak heart muscle, much good may be done by a system of living which tends to strengthen the heart and improve the circulation, for a muscular system imperfectly fed by the blood cannot be in good condition.

In such cases exercise should be graduated and increased very slowly from day to day, and may be much helped by some form of tonic treatment. Many persons whose laziness takes the form of balking at reading or writing or other concentrated mental effort recover as if by magic when properly fitted with glasses

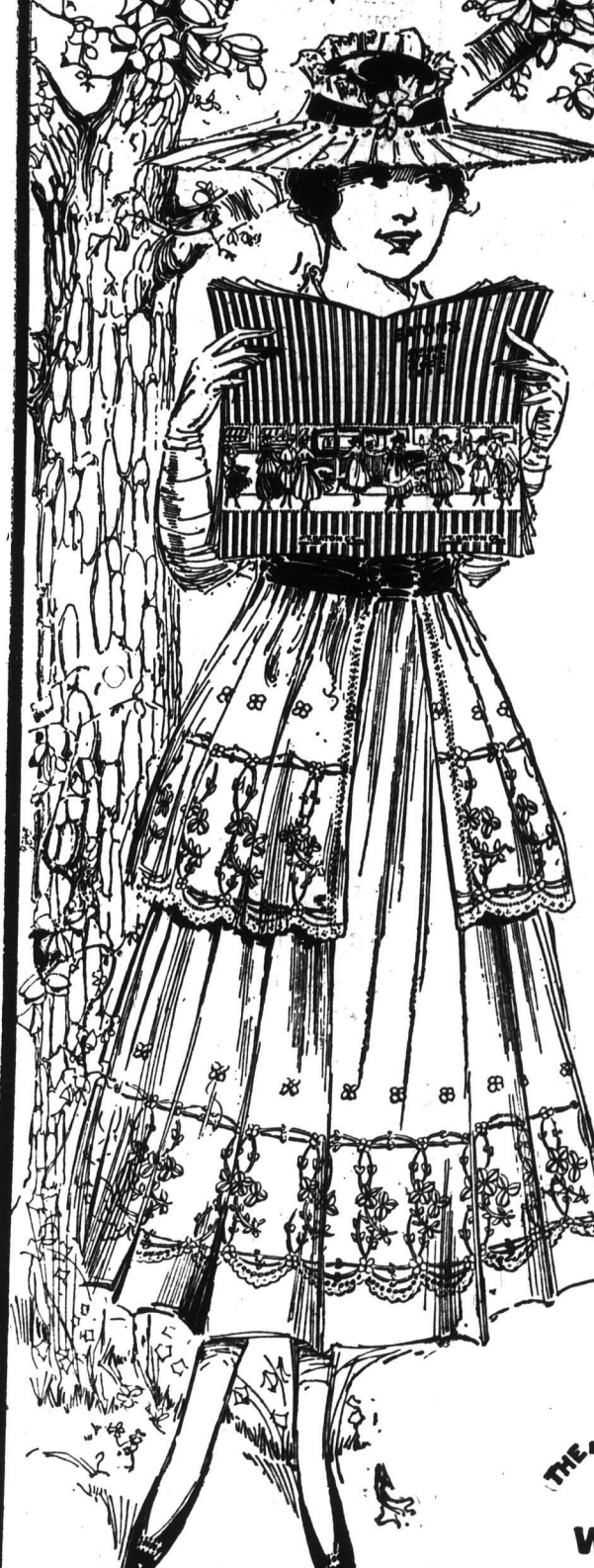
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At the Door

By Arthur Macy.

Is that you knocking at the door,
Mr. Wind?
Is that you knocking at the door?
You needn't knock so hard,
For the door is always barred,
So you needn't leave your card,
Mr. Wind.
Is that you knocking at the door,
Mr. Rain?
Is that you knocking at the door?
We think you'd better stop,
For we do not need a drop,
And we haven't time to mop,
Mr. Rain.
Is that you knocking at the door,
Mr. Snow?
Is that you knocking at the door?
You may try the window-sills
And the valleys and the hills,
But you give us all the chills,
Mr. Snow.
Is that you knocking at the door,
Mr. Sun?
Is that you knocking at the door?
You're welcome here to-day,
For you bring good news of May,
And we hope you've come to stay,
Mr. Sun.

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