

8. Learn to practise. If you find a thing hard to do, but desirable, figure out exercises. Your capacity will rise along the well-known "Practice" curve.

9. Learn to relax. Muscular relaxation removes fatigue, both physical and mental.

10. Imitate good models. First realize that you are bound to imitate in almost every act of life. Then surround yourself with people you want to resemble in given qualities. Keep away from others.

11. Increase your physical and mental lightness. We walk too heavily, think too heavily, and play too heavily.

12. Establish health motivation principles. Be sure your ruling motives are good. Don't be impelled by hatred, jealousy and so on, as many people are even when they do good things.

13. Establish normal relations with other people—normal morally and socially. City dwellers often live in an abnormal world. Many people hardly touch the world at all.

14. Establish a healthy philosophy of living, have a good goal. You may change it occasionally, but be sure of what you want to accomplish to-day, to-morrow, next month and in ten years.

PREVENTABLE DEAFNESS.

(From *The Pacific Coast Journal of Nursing*, October.)

A recent editorial in the *Washington Times* says that "There are many cases of deafness from birth or early infancy, some due to microbes that attack the new born child. Twenty-five per cent. of such attacks come from hereditary, venereal blood disease—one of the worst enemies of the human race and one of the most dreadful punishments of vice." Deafness of such origin may be total or partial, and it is usually an infliction of the internal ear. The defect is often not recognized until the child fails to talk, the attack of syphilis being unexpected and somewhat elusive. Syphilitic deafness, says the United States Public Health Service, need not be profound, but its gradual or sudden effect on the hearing capacity of the afflicted child often spells economic and social disaster, and it usually reduces life to an obscure and baffling existence. Fortunately, considerable progress has been made in the treatment of deafness of venereal origin, and the future promises still greater progress in its elimination. The early detection of diseased blood in the expectant mother is essential, so that the possible ear damage of the child may be prevented by adequate treatment of the mother before the birth of the child. The preparation and wide-spread dissemination of information relating to the prevalence, the detection and the prevention of venereal diseases is a most essential and productive health measure to which the United States Public Health Service devotes special attention.