

to keep well supplied with that intangible "something" which helps us to keep physically, mentally and spiritually fit, and to be an aid and inspiration to our fellow man. Man (this means woman also) is a triune being. This is not a new statement, but an old truth reconsidered is none the less helpful and inspiring. In taking up the problem of life there are three phases to consider—the physical, mental and spiritual. These three activities so overlap and interplay that it is often difficult to determine which function exercises the greatest influence, but we do know that the well being of one function acts beneficially upon the other activities. It is impossible for a machine of any kind to run smoothly with any one part out of order. Physical improvement can be achieved by proper attention to exercise, indoors and out; intelligent consideration of the diet: the liberal use of water internally and externally: generous doses of fresh air daily: and sufficient sleep and relaxation. It really takes no more time to live properly than to exist improperly. It does however require organized thinking and sufficient will power to carry out the ideas which this thinking evolves.

In our mental life emotions play an important rôle. If a poison is taken into the body the first step is to administer the antidote. The same rule applies to the mind. If we have been accustomed to indulge in the mental poisons of worry, fear, anger, jealousy, envy or greed we should immediately administer the antidote. Faith, hope and courage are deadly enemies of fear. The subconscious mind is a garden—the garden of the soul, in which we may plant the thoughts, feelings and ideas which we wish to develop into actualities. Let us stand aside, so to speak, and view this interesting self of ours, physically, mentally and spiritually, appraising the good qualities and honestly acknowledging the weak points.

Next let us proceed to build up the desirable points, and eradicate the undesirable by constantly working towards the opposite. From this procedure will eventually emerge the personality we really aspire to possess.

(From *The Red Cross Calendar* for January.)

I firmly believe that science and peace will triumph over ignorance and war, that the nations will work together not to destroy but to build up, and that the future will belong to those who have done the most for suffering humanity.—PASTEUR.

WOMEN AND ASPIRIN.

(From *Kai Tiaki*.)

The habit of taking aspirin tablets for almost any pain—however slight—is becoming a menace to the health of the nation. Women and girls are taking the little white tablets in ever-increasing quantities. Bottles of them are to be found in almost every home. Chemists sell more aspirin than any other article. Nine people out of ten have become accustomed to taking the tablets for all sorts of minor ailments. They are cheap to buy, usually quick in the relief they give, and the popular but erroneous belief is that they are entirely harmless.

It is to this belief in the harmlessness of the drug that its extraordinary popularity is mainly due. "But," says a prominent doctor to a *Daily Express* representative, "aspirin is by no means harmless. It may become absolutely dangerous to a great many people."

The habitual use of aspirin has grown to such an extent that women drug themselves with it now, not only when they have a headache, a touch of neuralgia, or a cold, but merely when they feel tired or out of sorts. It is becoming common for girls who have tired themselves out at a dance to ask the waiter to bring them—not a glass of champagne, as in the old days, but a dose of aspirin. One of the consequences of the aspirin habit is that the more the victim becomes used to the drug the more it becomes used to him or her. The one tablet that at first stopped a headache fails eventually to produce appreciable relief, and the dose has to be doubled.

"It is most difficult to make people realise their danger," said another doctor. They do not regard themselves as 'dopers,' and hardly any realise that they are drugging themselves. The trouble is that danger may arise quite suddenly in the case of a person who has been accustomed to taking aspirin for months without any apparent ill-effect.

"Sometimes such a person will unexpectedly develop a condition in which aspirin may act as a serious poison. Then it shows itself in such symptoms as swelling of the face, rashes, pains and giddiness.

"Women and girls are far more addicted to the use of the drug than men. They should be warned that always it has the effect of prematurely ageing those who use it regularly. The golden rule, of course, is that which applies to any other drug—that it should only be used on medical advice, notwithstanding its cheapness, its unrestricted sale and its popularity."

NEW MEMBERS.

NAME.	ADDRESS.	TRAINING SCHOOL.
Mrs. Allen	Lady Superintendent, King George's Medical College Hospital, Lucknow.	S. Bartholomew's Hospital, London. York Road Maternity.
Miss H. Monkhouse (Rejoined).	S. Catherine's Hospital, Cawnpore.	