

The teaching must usually be given on the Consultation afternoon : few mothers can attend more than once a week, but classes for sewing or cookery or other subjects may be organized for the better educated or keener women on separate days. It is not always easy to find a good teacher. The Superintendent or Health Visitor is the obvious person to take the health talks if she is able to do so, but not every one can teach, and a simple lesson is often more difficult to give well than advanced instruction. An occasional short address by the Medical Officer is welcomed by the mothers. Members of the Voluntary Committee may be able to take certain subjects. A teacher of sewing is usually specially engaged. A variety of teacher as well as of subject helps to maintain interest.

The Infant Welfare Centre, in short, is a centre for preventive medicine, hygiene and popular education. It is not possible to estimate exactly what effect it has had upon the reduction of the infant mortality rate to 80 deaths per 1,000 in 1920, and 83 in 1921, but it must have played an important part, and that chiefly through its educational influence, not only upon the mothers in attendance, but upon doctors, nurses and the general public. The standard of mothercraft in the country as a whole has unquestionably been raised, and it is upon the quality of the care bestowed by the mother that the health of the infant and little child so largely depends.

CHEERFULNESS.

By P. GANAPATHY.

Laughing cheerfulness throws the light of day on all the paths of life--JEAN PAUL.

Cheerfulness is alacrity of spirits, in other words a state of moderate joy or good spirits. It is the leading quality essential for a person, the great source of happiness in life, 'the safeguard of character.' It is in virtue of this quality that Massinger has said that 'cheerful looks make every dish a feast.'

Cheerfulness is that calm temper of the mind which is not easily to be depressed, and which sustains prosperity without excessive joy, and adversity with patience and equanimity of temper.

Cheerfulness Milton cherished, as we find reflected in his melodious song of poetry. Cheerfulness was a companion of Dr. Johnson who showed extreme cheerfulness of mind. Cheerfulness never left Sir Walter Scott; he was ever lively and happy and used to be cheerful in thought, word and deed.

There are some men who are always happy, whose eyes beam with the light of mirth and cheerfulness, whose labour is accompanied and enlightened by this gift, who notwithstanding the thousand and one troubles they have to face, are ever happy and never seem to be dispirited. Such men are to be followed or rather envied. On the other hand there are persons who are not contented with whatever happiness they are blessed with, but still pine for more. Their life is but a continued suffering; they are never free from worldly afflictions and as a consequence soon fall a prey to misery.

Cheerfulness is 'an inborn temperament, the nurse of patience and the mother of wisdom.' It is the best of moral and mental tonics to wear away the

rust of the mind. Cheerfulness is the best promoter of happiness ; it banishes all anxious care, soothes and composes the passions.

'The habit of looking on the bright side of things,' said Johnson, 'is worth more than a hundred pounds a year.' A resolute man can never be ruffled by the bitterest blasts of adversity. Benjamin Franklin observed that 'he that can have cheerfulness can have what he will.'

Nothing is ever well done that is not done with a cheerful mind. He who always growls and is discontented spoils whatever good fortune may bring him. Hence a cheerful mind should always be loved : if we live in a circle of cheerful and contented neighbours, we even forget the pinching pangs of poverty.

Laughing has much to do with cheerfulness. It is, as Carlyle says, the cipher key wherewith we decipher the whole man. A smiling person always wins the love of friends if only his laughter is not carried too far. Money is not concerned with cheerfulness. The poorest of persons have oftentimes been the happiest of men.

'A sound mind in a sound body'—so runs the proverb : a bright, cheerful and serene countenance can only result by allowing thoughts of joy and goodwill to enter the mind. There is no comforter like cheerfulness to disperse grief and sorrow from the mind. A divine power is cheerfulness, for only the blessed few enjoy this sacred gift.

This then is cheerfulness, the attribute of man as a moral being, the 'bright weather of the heart,' the faithful ally of virtue, the constant companion of labour.

"Give us ! O give us the man who sings at his work ! Be his occupation what it may, he is equal to any of those who follow the same pursuit in silent sullenness. He will do more in the same time—he will do it better—he will persevere longer. One is scarcely sensible to fatigue while he marches to music. The very stars are said to make harmony as they revolve in their spheres. Wondrous is the strength of cheerfulness, altogether past calculation its powers of endurance. Efforts to be permanently useful must be uniformly joyous—as spirit all sunshine—grateful for very gladness, beautiful because bright."

HEALTH HINTS.

BY DR. HARRIETT VAN BUREN PECKHAM.

Some one has defined Disease as Disgrace and fundamentally that is so, for generally disease is due to ignorance or carelessness and ignorance nowadays as to health is at least unnecessary ; as cities are composed of families and families consist of two or more persons, the health of a city or town depends on the care each separate individual exercises towards keeping themselves in as nearly a perfect condition as possible. It was stated by the Commissioner of Health of the City of New York that it was extremely necessary to guard carefully the port of entry to prevent persons suffering from contagious diseases having an opportunity to infect others ; likewise it is needful for every individual to guard their own ports of entry so that when they meet germs they may