

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

be protected therefrom. Germs, we know, are tireless in their activities, insidious in their attacks, and hostile in their intent, hence it behooves us to be as alert.

The mouth is one of our ports of entry and we have there what might be termed a fortification against enemies, placed there by Nature known as the saliva, which is slightly alkaline in reaction and has an inhibitory effect on some germs; besides that it has a benign office as it aids digestion of all carbo-hydrates of our foods, that is the sugars and starches. Many persons by their imperfect mastication of their foods cheat the stomach of its great ally, the saliva, and thus interfere with the metabolism or metamorphosis of the food. Such persons suffer from indigestion because their foods ferment, this induces distension of the stomach, oftentimes pain and dyspnoea or difficult breathing from pressure on the heart. After the food has passed into the duodenum or second stomach as it is sometimes called, it meets another digestive fluid furnished by the pancreas which will complete the delayed digestion of the carbo-hydrates, but as we all know delays are dangerous, hence it is safer to avoid distress by thoroughly masticating all foods made from flours and sugars which means all our bread stuffs, pastry, crackers and candies.

The teeth may be a source of infection for if they have ever so small a spot of decay, it furnishes food for the various germs that are frequently in the mouth. It frequently happens that physicians have great difficulty in controlling systemic diseases, such as rheumatism for example, and when the teeth have been attended to, the other troubles have yielded almost like magic. Children should be taught the value of daily cleaning their teeth. We hear much to-day about a condition called *pyorrhoea*, this is most difficult of cure when once well established, as an aid to prevent dentists recommend the usage of milk of magnesia as a mouth wash. Many tooth pastes are highly recommended by advertisements as cures for *pyorrhoea*, but it seems best to me that each person should follow the advice of their dentist as to the particulars they should use. Another condition frequently found in children is a tendency to deformity in the shape of the mouth and also irregularity as to the growth of the teeth. These deformities can be prevented if a child is taken to a dentist who specializes in this form of dentistry when they are very young, but after they become older it requires operations.

Adenoids and tonsils are fine breeding places for many kinds of germs especially rheumatism. If a person has had numerous attacks of tonsilitis and the tonsils have crypts, it is wise to have them removed. Ordinary enlarged tonsils can often be reduced by remedies but after they are once infected it is not wise to try to do this. Many mothers give babies the pacifier, this is a pernicious habit as it increases the activity of all the glands in the mouth and throat by their constant chewing and sucking, it often changes the shape of the mouth and increases the size of the tonsils and if there are adenoids, adds to their circulation also. Teach children they should breathe through the nose rather than through the mouth because Nature has provided the nostril with many fine hairs which act as a sieve or protector when we inhale fine dirt