

picture in the imagination of the state it is desired to attain, making it as complete in detail and surrounding as possible, and at the same time repeat either in a low voice or merely with the lips some simple formula as mechanically as possible. Couée's own formula is the best for all general purposes. "Every day and in every way I am better and better," this he suggests should be repeated twenty times at least twice a day, before getting up and before sleeping. The object of the repetition of the formula being to keep the mind from wandering to alien subjects. Should sleep supervene, so much the better for the imagination will continue to dwell upon the thought during sleep and thus a very strong auto-suggestion will be secured. This method sounds so ridiculously simple as to be almost nonsense, but it is neither the one, nor the other. To begin with, complete relaxation requires practice and cannot be attained at once by the average person; moreover, it is not easy to imagine oneself with beautiful healthy teeth happily chewing chocolate caramels when racked with toothache, never-the-less the mere effort to do so helps immeasurably and gives faith to persist. It is this persistence which is so necessary in all cures by auto-suggestion. Medicine may, often does, give instant relief, on the other hand many drugs only cure by repeated doses spreading over a long time. So, too, by auto-suggestion instantaneous cures have been effected in many cases, but it is not magic and the instantaneous cure is not the general one, nor does M. Couée consider these the most satisfactory. The quiet steady cure means the persistence in true education of the imagination in the control of the sub-conscious and consequently the permanent adoption of a healthy mental and physical condition.

WINES.

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BY LAVINIA L. DOCK.

WHITE wine contains about 10 per cent. of alcohol, and is made from grape juice without skins, stems or seeds.

All wines contain various acids and traces of mineral substances. Those which are free from sugar are called "dry" wines.

The red wines—claret, port, etc., are made from colored grapes with the skins, and have considerable alcoholic strength. Port wine, *vinu portense* contains from 30 to 40 per cent. of alcohol, but is rarely pure.

As stimulants, and in narcotic power these wines stand next to brandy and whisky. They contain some tannic acid and are astringent, causing constipation and disordering the stomach. They also tend to raise the temperature.

Vinum xericum, or Sherry, is a Spanish wine, and belongs to the dry spirituous wines. It is official, and is used in the preparation of some medicines. Alcohol, 16 per cent. *Vinum aurantii*, orange wine, is also employed in the making of a few tonic preparations, contains 10 or 12 per cent. of alcohol.

Sparkling wines, of which champagne is the most important, are bottled before fermentation is complete, and are effervescent, being charged with carbonic acid. They are more intoxicating than others in proportion to their strength, are less stimulating to the heart, and liable to leave headache and sour stomach, as after-effects, when freely taken. In small doses they are gastric sedatives, champagne especially being so. Given ice-cold and in teaspoonful doses, at short intervals, it may be retained by an irritable stomach which rejects every thing else. In giving champagne in this way care is necessary to prevent escape of the gas and flattening of the wine. As champagne tap is used, and the bottle held head downward. In the interval it is kept on ice in the same position.

Sweet wines, including Burgundy and Madeira, are rather trying to the digestion. They disorder the stomach and cause headache. They contain 6 or 7 per cent. of alcohol.

Dry acid wines—the German and some of the French wines, are stimulant, and do not cause acid fermentation. They contain from 5 to 7 per cent. of alcohol.

Beer, ale, porter, stout contain from 2 to 6 per cent. of alcohol; also extract of malt, lactic acid salts of potash and of soda, and aromatics.

WHAT THE BODY IS MADE OF. AN AMUSING SUMMARY.

NOT of "snips and snails and puppy dogs' tails," or even of "sugar and spice and everything nice," it now appears. To begin with the blood, we are informed by a contributor to *The Journal of the American Medical Association* (Chicago), that—"The entire volume of circulating blood, which about half fills an ordinary bucket, contains only a small teaspoonful of sugar and a tablespoonful of salt. When we consider the minute variations in the sugar content that the modern chemist can measure in a few drops of blood, we gain added respect for the science of quantitative analysis. The iodine in the entire blood amounts to but one-hundredth of a gram. When the physiologist tells us that epinephrin can be detected by biologic methods in a dilution of 1:330,000,000, it means far less than to say that it is equivalent to diluting 'a small glass of whisky' into the contents of 1,320 city street sprinkling carts, which would form a procession about six miles long.