

Daily DemocratF. P. NUTTING
Lessee.

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TALK IS KILLING US.

A farmer lives longer than city folks because he has to listen to less talk. One is apt to forget that it is a strain to listen to talking, a strain on ear and brain. It is not the wisest man, but the most foolish, who talks most, and people who are constantly jabbering have the fewest important things to say. Yet the pity of it is that you have to listen as hard and get as tired when bombarded with a lot of drivel as you do when valuable matters are being discussed.

We have to listen too much. It is like having to carry a load every time we go out. The body cannot stand it long. Under modern conditions life is complicated enough, but the brain cells have gradually become more and more capable of the difficult task given them. When, however, they are subjected to a flood of talking the natural vitality passing through the blood vessels to the brain gets used up and a hurry call is sent to other parts of the body for more life-force. The response is immediate, and from all parts of the body vital forces are shipped to the brain, there to be used up in listening to talk. The result is that the body is devitalized.

There is too much talk in politics, far too much on the bench and a perfect Niagara from the pulpit. No one really believes that we need as much "talky-talky" business, in the law or in religion. The stump speech of the machine politician, the special pleading of the unscrupulous lawyer, and the prosy sermon have made us weary. And what do we really learn from them?

The sanitarians and asylums of the United States, says a daily paper, are filled with people, whose illness is due to their having used up all their vitality in listening to talk. A certain amount of talk is cheerful and adds pleasure to the day, but too much of it is a wearisome burden to the flesh.—Ex.

GOOD AND BAD HEALTH.

A learned doctor, who spent some months in the French hospitals, tells the New York Academy of Medicine that our emotions are largely responsible for our physical condition. He declares, says The Spectator, that the mere emotional strain of war induces not only many mental disorders but as well is the cause of numerous ailments, such as Bright's and diabetes.

Some doctors may disagree with the learned doctor who makes this statement, but the mer layman will not dispute it. Indeed, for a long time it has been the opinion of many merely ordinary persons that their physical condition was in a very great measure due to other than bodily causes; that they were well or ill, according to how they thought they felt. The opinion of our friends as to how we look has a good or sinister influence on how we feel. The long-faced, melancholic physician who steps into the sick room bearing with him the atmosphere of the undertaking parlor has sent more people to an untimely grave than have all the nostrums he has introduced into their systems. The cheery, comfortable doctor who tells his patients that their pulses are steady, their tongues the very pink of health, and the action of their hearts normal—even when these organs are showing indubitable signs of the patients' "misery"—has introduced a condition that is his best ally in effecting a cure.

The best safeguard against sickness is cheerfulness. We should avoid the pessimist as carefully as he shuns the sunlight of hope. The man with a "grouch" is as dangerous to the public health as is the man afflicted with some other form of communicable disease. Good and bad health are equally contagious; let us keep well by doing and thinking well.

MISFITS

An interesting magazine article recently told of the life of Helen Holmes, the girl who takes the star part in the Hazards of Helen. Miss Holmes believes in being thorough, and practically stages the plays she is in. She doesn't want anything to pass that looks crude and will often spend a long time on a small matter to have it right.

A film goes by with a rush, few appreciating how much pains have been taken to make it run naturally and smoothly.

The performer who should indicate that he knew he was being "tricked" wouldn't last long in the business.

Even some members of the city council admit the influence of the city press. After all the average newspaper merely represents the people.

The Democrat has always tried to stay down among the masses, governed by the same sentiments, but along moral lines it has always sought to be emphatic for right regardless of criticism.

Most people want a newspaper to have some individuality, and not be just a clam, always shut tight, or a dog, following some one's heels.

A sign back in Wis. reads: "Please slow down to 50 miles an hour." That would suit some Albany drivers.

The fellow who lives beyond his means generally stays there.

Oct. has been a dandy for climate.

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All money goes to buy new books for the library: Clean out that attic and let someone who needs it use the things you are not using. If it is not possible to bring the things, phone 384J Bell, or 160 Home, and a day will call for the things Wednesday afternoon or Thursday forenoon.

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