

for insomnia and, in his opinion, tests have definitely established that suitable music can turn abnormal breathing into normal and act as a sleeping draught. He also uses music instead of anesthetics for surgical operations and has found that not only were the operations a

complete success but that unpleasant after-effects were eliminated.

In England the St. Cecilia Choral Society has employed its skill for curing and cheering victims suffering from acute melancholia and neurasthenia. —*Fact Digest.*

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Epitaph for a Man

“Let me live, O mighty Master,
Such a life as men should know,
Tasting triumph and disaster,
Joy—and not too much of woe;
Let me run the gamut over,
Let me fight and love and laugh,
And when I’m beneath the clover,
Let this be my epitaph:

“Here lies one who took his chances
In life’s busy world of men;
Battled fate and circumstances,
Fought and fell and fought again!
Won sometimes but did no crowing,
Lost sometimes but didn’t wail,
Took his beating but kept going,
Never let his courage fail.

“He was fallible and human,
Therefore loved and understood
Both his fellow-man and woman,
Whether good or not so good;
Kept his spirit undiminished,
Never failed to help a friend,
Played the game till it was finished,
Lived a sportsman to the end.”

—*The Friendly Adventurer.*