

FRUIT AS A CURATIVE AGENT.

A celebrated physician, says the Philadelphia Times, divides fruit into five classes, each possessing a special curative value—the acid, the sweet, the astringent, the oily, and the mealy.

Cherries, raspberries, strawberries, gooseberries, peaches, apples, lemons, and oranges belong to the acid fruits and have great merit. Cherries, however, are prohibited to those who have neuralgia of the stomach; strawberries and raspberries are recommended to those of bilious temperaments and denied to those in whom diabetes is suspected.

Of the sweet fruits the doctor says plums prevent gout and articular rheumatism. The grape is given the very first place. He is an enthusiastic advocate of what is known in Europe as the grape cure, which provides that for several days the patient eats nothing but grapes, consuming from one to two pounds daily, with gradual increase to ten pounds. After a few days of this diet the appetite improves, and an increasing capacity to endure fatigue is noticed. The grape cure is especially suited to persons who are anaemic, rheumatic, dyspeptic or consumptive.

Years ago the witty French surgeon, Malgaigne, said of tracheotomy cutting the wind-pipe so patient can breathe in case of croup "If I do honor to the real author of tracheotomy, what honor will he not deserve who will arrive to deliver us from it?" Yet he who showed the way out of this, and other awful operations had come and gone, and his message survived. His name was Hahnemann. The way to avoid the horrors is pure Homœopathy. It has saved thousands and could have saved millions but for the blindness of men, especially those who thought they were clear-sighted.

Homœopathy, from the Greek "Omoios"—like—and "pathos"—affection—finds its expression in the Latin *Similia similibus curantur*—likes are cured by likes—refers alone to the application of drugs in the cure of the sick, and has nothing whatever to do with anatomy, physiology, chemistry and the numerous other collateral branches taught in the various schools of medicine.—*Dr. Strickler.*

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CARE OF THE EYES.

Avoid sudden changes from dark to brilliant light.

Do not depend on your judgment in selecting spectacles.

Up to forty years of age bathe the eyes twice daily with cold water.

When the eyes are tired rest them by looking at objects from a distance.

Avoid reading when lying down or when mentally or physically depressed.

Old persons should avoid reading much by artificial light; be guided as to diet, and avoid sitting up late at night.

Avoid stimulants and drugs which affect the nervous system, especially when they are known to exert an injurious influence.

After fifty years of age, bathe the eyes morning and evening with water so hot that you would wonder how you could stand it; follow this with cold water, that will make them glow with warmth.—Up-to-Date.

It is generally believed that the old school prescriptions are not so "strong" as they were fifty years ago; in one respect they are not—there is not so much calomel given—but on the whole it is safe to say that people are worse drugged to-day than in the past, with the single exception noted above. The drugs of to-day are not so crude as those of the past, but they are more dangerous because more subtle, and old-fashioned Homœopathy is as much needed to-day as it was in the days of calomel, blisters and bleeding. There is another sense in which the prescriptions of to-day are "strong;" a New York druggist last month was compounding a prescription for catarrh when it exploded, badly injured him and damaged his shop. Medical darkness hangs over the world as dense as ever notwithstanding all the clatter and chatter made about "science" (O, abused word!), and men, and doctors still have as superstitious a faith in "strong" drugs as did their forefathers, and are just as slow to see that a drug's "strength" over disease does not lie in its brute force, or rank poison properties, but in its homœopathicity, and that then its highest power is only developed in the finer attenuations. A single medicated globule of the 30th potency of a truly indicated remedy has more "power" over disease than a wheel-barrow load of crude drugs with "strength" enough to kill a regiment.—*Homœopathic Encop.*