

MODERN MARTIAL THERAPY.

Amid the veritable swarm of new medicinal agents of all varieties that have been introduced to the therapist during the last twenty years, and in spite of the great advances in general medicine during the same period, there has not as yet been proposed any remedy which can successfully compete with iron in the treatment of anemic and generally de-vitalized conditions. This metallic element, in one form or another, is still the sheet anchor in such cases, and when intelligently administered in proper form and dosage can be depended upon to bring about marked improvement, provided serious incurable organic disease is not the operative cause of the existing blood impoverishment. The form in which to administer iron is, however, very important. The old, irritant, astringent martial medication has had its day, and properly so. Probably the most generally acceptable of all iron products is Pepto-Mangan (Gude), an organic combination of iron and manganese with assimilable peptones. This preparation is palatable, readily tolerable, promptly absorbable, non-irritant and still distinctly potent as a blood builder and general tonic and reconstructive.

A SOOTHING INFLUENCE.

Life in Canada grows more strenuous day after day, and possibly that is the reason why men are seeking the solace of tobacco to such an extent. Used in the form of chewing tobacco it undoubtedly has a soothing influence. In the olden days it was chewed from a roll, and English literature of the 16th and 17th centuries contains various references to its benefits. Samuel Pepys records in his diary that by chewing tobacco during the great plague he found relief from his worries. The famous diarist tells of walking along the streets of London on the 7th of June, 1665, the sad sights he witnessed on that day, he says "put me into an ill conception of myself, so that I was forced to buy some roll tobacco to smell and chew, which took away the apprehension." Physicians who visited the sick in those days are said to have chewed tobacco very freely, and it was popularly reported that no tobacconist or their household were afflicted by the plague.

SANMETTO IN SKIN DISEASES.

IN INFLAMMATORY DISEASES OF THE SKIN, especially where volumetric analysis shows defective urinary elimination, sanmetto will be found a useful remedy, owing to its direct action on the kidneys.

444