

themselves where they should have sent for the doctor. To this I reply, we must meet circumstances as they really are, and not deal with an imaginary public. What does the ordinary individual do when he takes a chill? Well, there are several ways that the trouble is met. One of the commonest is for the patient to go and take a big drink of whisky or brandy and go to bed. Another, to take 10 or 15 grains of quinine, and still another, he goes and asks the druggist for something for a cold, and the druggist sells him one of the many nostrums with which the market is flooded, and not one out of a hundred will go to see a doctor. Therefore I say, when we are teaching these few simple but effective rules of preventive medicine, we are giving to the public benefits the value of which they never can estimate.

(To be Continued.)

WHAT HOMŒOPATHY IS NOT.

Homœopathy is not an irregular practice; it is founded upon a law. Twenty physicians were once called upon to prescribe for a case of illness. The same symptoms were detailed to each. Ten were homœopathic physicians, and all prescribed the same remedy. Eight of the ten allopaths prescribed forty-two different medicines, in which no two prescriptions were alike. The other two did not respond to the invitation, preferring not to exhibit their therapeutic "regularity."

Homœopathy is not unscientific practice. It is not opposed to pathology; it regards pathology, but not as a basis for treatment; it recognizes that a system of medicine founded on the shifting sands of pathology cannot be scientific. It is not the "little pills." Homœopathy has a working system long before little pills were invented; they are simply convenient vehicles for the pleasant administration of medicines. It is not quackery; quackery is secret and Homœopathy is open to the world and courts the fullest investigation of physician, student and patron. It is willing to stand upon its merits, and it always gains by comparison. It is not a treatment according to fashion,—now anodynes, now germicides, now serums, now blue glass, now creosote, now sulphuretted hydrogen, now anti-toxines. The popular panacea of to-day, speeding to oblivion supported only by the ephemeral theories of pathology, is no part of it. Its progress consists in a development of its *Materia Medica* and a better understanding of disease. It is not a faith cure; Homœopathy, it is ac-

knowledged, is eminently successful in children's diseases, and in childhood the faith element is small; also, it is successful in the treatment of animals and here faith is wanting. While faith and hope in all cases of illness conduce to recovery and are therefore most desirable, they are no more essential to homœopathic practice than they are to any other medical system. It is not an uncertainty; those who have tried it at the bedside know this better than those whose knowledge is obtained from its antagonists. It is not an infinitesimal dose; this is a popular misconception fostered diligently and perhaps ignorantly by the opponents of our system. *Similia similibus curentur* says nothing of the dose. A homœopathic cure may be, and is, often wrought with the massive doses of allopathy. Experience, however, shows that small doses act better and with less shock to the system. It is not magic, though cures made by it would almost seem to border thereon, nor is it mysterious, nor a popular delusion nor mesmerism, nor mental healing.—*Medical Century*.

How to Prevent and Cure Sea Sickness.—Dr. A. B. Whitney, of New York city, after an experience covering some twenty years, is ready to vouch for the truth of the following: Naval officers and private individuals, the strong and the weak alike, sickly and delicate, old and young, can be entirely exempt from the unpleasant and nauseating effects of seasickness by a judicious use of Gelsemium." His method, which he so strongly recommends, is to mix half a teaspoonful of Gelsemium tincture in half a goblet of water. A dose of one teaspoonful every quarter or half hour until the sickness has passed away. Take the remedy thus, and keep on deck.—*Eclectic Medical Gleaner*.

It is a well known physiological fact that no matter how much iron, for example, may be injected into the human body by mouth, rectum or hypodermically, all but the amount (about 30 grains) which naturally belongs there is promptly cast out in the faeces. Ounces of the metal in various compounds are thrown into the anaemic body, only to be thus ignominiously against cast out, under the delusion that the physiological building material can be made of drugs. Ferrum cures anaemic individuals, not by its material use, but all other medicinal agents, by its dynamic action in correcting the deranged vital forces. When these forces are thus corrected Nature finds sufficient iron for the patient in the food which has been all along supplying enough for his brother.—*Hawkes, in Pacific Coast Journal*.