

### DYSPEPSIA AND ITS RESULTS.

After practicing for some years I became a confirmed dyspeptic, had to observe a rigid diet, and had to take medicine *secundum artem*, but to little advantage; and at this time, having been requested to undertake editing the Memoirs of the late Rev. Josias Wilson, after much consideration I consented.

This brought me into close communion with my valued friend, Mrs. Wilson, widow of the late Rev. Josias Wilson. She, seeing how ill I looked and how much I suffered, and being herself a confirmed Homœopath, would occasionally introduce to my notice the subject of Homœopathy.

But as bigotry is the offspring of ignorance, and as I was a young doctor filled to the brim with Allopathic principles, it may be well supposed, though I had a deep respect for Mrs. Wilson, I did not quite relish her intruding quackery, as I then considered Homœopathy to be; confessing as I now do that I did not even then know the meaning of the word, much less the therapeutic principles which it taught; but notwithstanding I could, like thousands of others cry out in my ignorance, "Pooh, pooh, quackery!"

But Mrs. Wilson was too deeply convinced of the efficacy of Homœopathy in her own case as a medical system to relinquish her efforts to induce me to try it; and after a long warfare between us, simply to get rid of her importunity, I determined to give Homœopathy a fair trial, and thus demonstrate to her its utter uselessness, as in those days I had only faith in pills and potions, *à hoc genus omne*, and considered globules mere empiricism.

The die was now cast, and consequently the battle half won by Mrs. Wilson, as in two months after I began "the Homœopathic medicines," physiological changes were effected in my system, which all the battering-rams of Allopathy, pills and potions, had failed to effect, after four years' constant use.

Will my readers be astonished if I candidly confess that this result rather disappointed than pleased me, as after an *experimentum crucis* on Baconian axioms, all my cherished ideas of Allopathic therapeutics had received a deadly blow, and nothing now remained for me, if conscience were to rule, but, like David, to lay aside all my cumbrous armour, fight with a sling and stone, become a heretic in orthodox medicine, leave the Allopathic camp with all its friendships, social and professional prestige—no mean sacrifices in those days—and join the weak despised handful of

Homœopaths, to share in all their trials, persecutions, and obloquy, for a great medical truth, namely "*similia similibus curantur*," the axiom of Hahnemann, under which banner I was eventually to either lose or win in my combat with disease?—*Dr. Hugh Hastings, in Homœopathic Envoy.*

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### USES OF YAWNING.

A celebrated Belgian physician says that yawning is an exceedingly healthy function generally, besides having a very salutary effect in complaints of the pharynx and eustachian tubes. According to the results of late investigations, yawning is the most natural form of respiratory exercise, bringing into action all the respiratory muscles of the chest and neck. It is recommended that every person should have a good yawn, with stretching of the limbs, morning and evening, for the purpose of ventilating the lungs and tonifying the muscles of respiration. An eminent authority claims that this form of gymnastics has a remarkable effect in relieving throat and ear troubles, and says that patients suffering from disorders of the throat have derived great benefit from it. He makes his patients yawn either by suggestion, imitation, or by a series of full breaths with the lips partly closed. The yawning is repeated six or eight times, and should be followed by swallowing. By this means the air and mucus in the eustachian tubes are aspirated.—*Popular Science News.*

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### HOMŒOPATHY IN UNITED STATES.

In no country in the world has the practice of the principles promulgated by Hahnemann gained such a foothold as in the United States, where the liberty of which we boast has made it so easy for it to thrive, untrammelled by such a weight of prejudice as exists in many of the countries of Europe. The medical colleges of the school in this country number twenty, and their high standard of requirements is an acknowledged fact. The homœopathic college in New York city has well-equipped medical and surgical hospitals attached to it, the latter erected through the generosity of ex-Governor Roswell P. Flower. This college is distinguished by having a larger per cent of its graduates placed upon the honor roll in the board of regents of the university of the state of New York than any other medical college in the state.—*Exchange.*