

## ENGLAND'S "GRAND OLD MAN."

The secret of Gladstone's long life with a clear intellect unto the last, the *Lancet* thinks, was in a measure due to the fact that he was not only able to sleep easily, but that he was always ready to abandon even the most urgent task and to lie down and sleep then and there, when he felt really fatigued. The mind, refreshed by a few minutes' sleep, awoke to action as keen and sensitive as ever. Perhaps there is no profession in which there is so much uncertainty as in ours, and there is certainly none in which there is so much worry and vexation. The fatigue of the brain from long-continued labor unattended with much worry or startling shocks, produces but very little wear and tear. It is the worry and shock which fatigue and weaken the brain-cells and necessitate frequent rest. The hard-working physician will do better work and live longer if he accustoms himself once or twice a day to a little sleep.—The Medical Times.

## DEAFNESS NO DISADVANTAGE.

An English weekly journal is responsible for the following anecdote: A Birmingham physician has had an amusing experience. The other day a somewhat distracted mother brought her daughter to see him. The girl was suffering from what is known among people as "general lowness." There was nothing much the matter with her, but she was pale and listless, and did not care about eating or doing anything. The doctor after due consultation prescribed for her a glass of claret three times a day with her meals. The mother was somewhat deaf but apparently heard all he said, and bore off her daughter, determined to carry out the prescription to the very letter. In ten days' time they were back again, and the girl looked quite a different creature. She was rosy-cheeked, smiling, and the picture of health. The doctor congratulated himself upon the keen insight he had displayed in his diagnosis of the case. "I am glad to see that your daughter is so much better," he said. "Yes," exclaimed the excited and grateful mother; "thanks to you, doctor! She had just what you ordered. She has eaten carrots three times a day since we were here, and sometimes oftener—and once or twice uncooked—and now look at her!"—Medical Record.

## HOMŒOPATHY IN SEASICKNESS.

Mal de mer is an erratic equation. Of our sixty-five first cabin passengers perhaps not more than a dozen escaped. I was number eleven. Not a quail disturbed my peaceful diaphragm. Forty-two meals on board and not one missed is a satisfying record. But enough were seasick to give seven physicians a chance to try their prowess. The old school men relied upon bromo seltzer and codeia, with varying success. My experience covered fifteen cases. *Cocculus* was most helpful when the patient was "Oh! so sick!" and couldn't move; vertigo, faintness, extreme nausea and deathly paleness completed the picture. A single tablet of the sixth decimal gave prompt relief in nearly all such cases. Only three times was it necessary to repeat the dose for a single occurrence, though it was necessary to re-exhibit the remedy in an occasional case upon the rolling of a heavier sea.

*Ipecac* was helpful in those in whom emesis occurred easily, giving prompt relief in several such.

*Glonoinum*, sixth, did excellent service for two patients with whom violent headache took the place of gastric disturbance. These cases are said to be quite common. *Petroleum* was prescribed for one case of diarrhœa of mal de mer, relieving promptly; *Bryonia* was given a man who was "dreadfully constipated" and who was nauseated upon moving about, and *Apomorphia*, third, one tablet, made a homœopath of a lady who had failed to obtain relief from old school treatment and from *Cocculus* previously administered.

From this and previous experience on the Atlantic I am quite satisfied that seasickness may be prescribed for successfully if the cases be individualized, and that specifics, combination prescriptions and routine remedies are of no more use here than elsewhere. It is the patient and his personal manifestations of the malady which are to be treated, every time, if success is to be expected. Doubtless there are aggravated cases which resist the usual remedies; but it cannot be gainsaid that homœopathy is very efficient in seasickness and has robbed the sea of much of this particular terror.—C. E. Fisher, M. D., in December Medical Century.

"I know nothing which so rapidly dissipates an hysterical attack as *Moshchus*."—Hughes.