

ritability. (Aconite, restlessness due to erethistic hyperaemia.) The arsenicum insomnia needs liberal use of milk and beef tea, warmth and rest both day and night. Such a patient needs restorative treatment.

Phosphorus. For sleeplessness following intense mental overwork and anxiety and coupled with distressing confusion, pain and vertigo in the head. Patient falls asleep easily enough, but is awakened as easily. He sleeps and wakens many times in a single night. Five drops of the 3x in a half glass of water, spoonful doses every half hour during the evening, followed by a bowl of hot soup or a cup of beef tea or hot milk at bed time will generally relieve the pain and restlessness of brain fog and secure a sound and refreshing sleep.

Silicea. Is the remedy for sleeplessness of utter mental and physical inanition, when food fails to nourish, when the heart loses courage, and when there is abject despair and total absence of hope. Talcott says: "It will often work a wondrous and magical change in the condition of affairs."

Coca. In cases of mental exhaustion, utter prostration at times and again patient is bright and well and eager for work. Sometimes you meet a patient who is suddenly awakened after going to sleep by a sense of shock in the brain. Weak and nervous women, worn-out brain workers, are peculiarly liable to such conditions. If it is a spasmodic anaemia, coca is the remedy.

Opium. Sleeplessness from shock of bad news, fright (aconite with agonizing restlessness), but with opium dullness and dazed depression. Stupor of cerebral congestion, particularly where there is a tendency to atrophy.

Sidney Smith recommended his own sermons as a never failing soporific.

Eat lettuce; it has an ancient reputation as a soothing and soporific agent. We are told, when Venus was left inconsolable after the death of Adonis, she threw herself on a bed of lettuce to soothe her grief. So Galen cured his insomnia.

Chronic affections after the abuse of coffee require Chamomilla, ignatia, nux vomica, etc.

Strong black coffee, drunk as hot as possible, is indispensable as an antidote in a large number of poisons, especially narcotics. In general it antidotes narcotic substances such as opium, nux, belladonna, tobacco and chamomilla. Coffee antidotes wine, but tea is a better antidote to beer.—Dr. W. A. Dewey, in Cleveland Homoeopathic Reporter.

THERAPEUTICS.

SULPHUR

Is an excellent remedy for eczema of the wrists. Many cases of this affection will present sulphur symptoms.

GASTRALGIA

With pains extending through to the back, with a sense of fatigue and a tired sensation, is relieved by belladonna 30 or 200.

HAHNEMANN

Said in a letter to Dr. Stapf in 1826: "The worst kind of coughs were treated successfully by phosphorus and sepia in alternation."

ALOES.

An old practitioner reported a verification of the symptom. Compelled to make the eyes small. It led to the use of the remedy in measles with success.

IODINE

Is a valuable remedy in scrofulous affections of the ear, with impaired hearing, profuse secretion of mucus in the throat, sensation as if ear were closed by a valve and roaring in the ear.

CALCAREA PHOSPHORICA.

Dr. Roberson Day, president of the British Homoeopathic Medical Society, thinks Calcarea phosphorica 3 gives the best results in adenoid growths in the naso-pharynx. Tuberculinum intercurrently is a most valuable remedy.

PHOSPHORIC ACID

Is one of our best remedies in weak heart, and may take rank with Arsenicum. There is irregular pulse, fainting and fluttering of the heart. For the palpitation which comes on during sleep it is especially beneficial. Syncope and extreme prostration call for it.

MANCINELLA

Has a special affinity for the left parotid gland. Animals poisoned with it always had enlargement of the left parotid. Perhaps some scientific physiologist will explain why the left and why not the right. If so we will tell him why Lachesis cures left-sided sore throats.

NAJA

Is a useful remedy to relieve the cardiac uneasiness that occurs after using tobacco too freely. In fact, it is a remedy for many discomforts in the cardiac region, and has benefited angina pectoris. Cures of spinal irritation will be frequently made with the remedy where there is hyperaesthesia.

THUJA.

Sometimes in order to cure warts this remedy must not be given exclusively. If it be followed by nitric acid often-times the cure will progress rapidly; especially is this so if syphilis complicates the case. In other cases it will be necessary to follow thuja with other remedies, pulsatilla or sulphur.—Medical Century.