

## AN ENGLISH VIEW OF AMERICAN HOMOEOPATHY.

"Referring to the recent Homoeopathic Congress in London, it may be mentioned that there seems to be but one lady doctor of that persuasion in this country. From the Western home of freedom however, there came a considerable number of women homoeopathic physicians to the Congress. They are a numerous body in the United States. There is much more freedom in regard to medical practice, as in many other respects in America than there is here.

In some of the States, at any rate, there is a State Examination Board, which holds its tests in general knowledge of physiology, disease, surgery, and the like for all comers, and then allows the student to take the examination in the use of drugs according to the medical "School" that he prefers. Then the homoeopathic physician has an equal legal status with one of the other "School," and patients preferring that system are equally ensured as to the general medical education of their doctor.

Modern medicine of every "School" is so largely a matter of general hygiene and treatment, and so little one of drugs, that the point of real importance to the public is to have a practitioner who is competent to give good advice in these directions and inspire confidence."—*Illustrated London News*.

## TEN HEALTH PRECEPTS.

The following ten 'hygienic aphorisms' said to have been framed by the late Dr. Frank H. Hamilton of Bellevue Hospital, New York, are given in the 'Medical News.' (1) 'The best thing for the insides of a man is the outside of a horse.' (2) 'Blessed is he who invented sleep—but thrice blessed the man who will invent a cure for thinking.' (3) Light gives a bronzed or tan color to skin; but where it uproots the lily it plants the rose. (4) The lives of most men are in their own hands, and, as a rule, the just verdict after death would be—felo dese. (5) Health must be earned—it can seldom be bought. (6) A change of air is less valuable than a change of scene. The air is changed every time the wind is changed. (7) Mold and decaying vegetables in a cellar weave shrouds for the upper chambers. (8) Dirt, debauchery, disease and death, are successive links in the same chain. (9) Calisthenics may be very genteel, and romping very ungenteel, but one is the shadow, the other the substance, of

healthful exercise. (10) Girls need health as much—nay, more than boys. They can only obtain it as boys do by running, tumbling—by all sorts of innocent vagrancy. At least once a day girls should have their halters taken off, the bars let down, and be turned loose like young colts.

## INVALID COOKERY.

### STEWED PARTRIDGE.

Clean, singe, skin, and cut up a partridge into neat pieces, put it into a stewpan containing enough boiling milk to cover it, season with salt and pepper, simmer gently one hour. Place in a circle on a hot dish with the following bread sauce in the centre.

### BREAD SAUCE.

3 tablespoonsful bread crumbs, 1 gill white broth (or milk,) salt, pepper, 2 tablespoonsful of cream, soak the bread in the broth (or milk) 1 hour, then simmer and add the cream, flavor with cloves and onion if desired, boil 15 minutes.

### BAKED TAPIOCA PUDDING.

3 tablespoonsful tapioca, 1 pint cold milk, 2 or 3 pieces of thin rind of lemon or orange. Simmer till clear, then remove the rind, add 2 eggs, yolks and whites beaten separately, 2 tablespoonsful sugar pour into a buttered dish. bake  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour, have a very hot oven, serve as soon as done.

## SOMETHING FOR SMOKERS,

From the Westminster Hospital comes a statement that is somewhat alarming. A patient had symptoms that led Dr. Murrell to believe that he was in the first stage of consumption, such as cough expectoration, loss of flesh and a little blood spitting. But these symptoms are similar to those produced by the inhalation of arsenious arsenic. The doctor, therefore, analyzed a large number of samples of cigarettes and tobacco, and he found out of seventeen series of different kinds, arsenic present in the labels of at least a third.—*Edinburgh Scotsman*.

This is the centennial year of vaccination. In 1796, Jenner vaccinated his first, James Phipps, and James soon afterwards went to his reward, dying from consumption.