

and of this latter about 15 per cent. have been what is described as malignant. There were complications of ear, throat, joints, kidneys, etc., but no serious sequelæ or after effects. The remedies used were homœopathic preparations of belladonna, rhus-tox, apis, arsenicum, ailanthus, sulphur clima-arsenicum and others, each case indicating its remedy by its own particular symptomology. The diet was mostly liquid, and plenty of water was given. Stimulation was rarely used. In most cases there was no recurrence of the disease in the family treated; where more than one case occurred, they usually developed simultaneously or almost so. Homœopathic belladonna has long been used in homœopathic practice as a prophylactic or preventive of Scarlet Fever. Where it does not absolutely prevent, it always modifies, as does vaccination in smallpox. One of the leading homœopathic physicians of the city has had but one case in his practice. He attributes this immunity to the use of belladonna as a preventive. When the disease became epidemic, in September last, he furnished his patients with this remedy, with the above mentioned happy result.

"Of course, such a showing as the treatment of 56 cases without a death can scarcely be expected to be perpetuated, but the death rate under homœopathic practice has always been quite small."

HOUSEHOLD HINTS.

SIPPING WATER.

As a rule, it is much better to sip water than to swallow a glassful at one draught. The exception to this rule is in the morning, when you should drink a glassful or two of moderately cold water in order to flush the stomach while it is tubular. At other times, however, sipping the water is much more stimulating in its effect on the circulation. During the action of sipping, the nerve action, which slows the beating of the heart, is temporarily abolished, and in consequence the heart contracts much more quickly and the circulation in various parts of the body is increased. Another advantage in sipping is the fact that the pressure under which the bile is secreted is considerably raised. It has been stated on good authority that a glass of cold water slowly sipped will produce a greater acceleration of the pulse for a long time than will a glass of

wine or spirits taken at a draught. Sipping cold water will, in fact, often allay the craving for alcoholic drinks—a point worth remembering by those who are endeavoring to reform.

NUT FOODS.

Of nuts as food and nut foods Mrs. Rorer speaks very highly. Only three should be avoided by the diabetic—the chestnut, the peanut and the chinkapin. "If well cooked, these, however, are exceedingly healthy food for the well," said this priestess of the culinary art. "The diabetic, however, can eat almonds, pecans, hazelnuts, English and black walnuts, hickory and butternuts. All should be ground very fine, as few people masticate sufficiently slowly and thoroughly to render them digestible."

A table was arranged with a dinner for the diabetic. It was a very dainty and tempting display, and one would have to be quite sick, indeed, to find no relish in sitting thereat. The menu was:

Clear soup.

Hamburg steak. Tomato sauce.

Plain boiled celery.

Lettuce and cress salad, French dressing.

Almond wafers. Cheese.

Coffee.

EPIGRAMMATIC UTTERANCES.

Mrs. Rorer has a happy faculty of making those brief, bright remarks that are so full of wisdom. Among the many heard during the lecture were the following:

It is a very dirty housewife who is always cleaning.

Olives make a nice garnish for oyster celery.

Make measurements exact. Run no risk.

If olive oil has a sweet, bland taste, it is safe to use it.

Actual cooking takes little time. It is the blunders that run away with the minutes.

A slice of onion underneath the lettuce in the salad dish gives a delicious flavor.

Plain livers are usually dyspeptics.

Fine bread crumbs are better for frying oysters, coarse crumbs for croquettes.