

UNRIPE FRUIT AND VEGETABLES.

THE season is approaching when the effect of indulgence in unripe fruit and crude vegetables will be quite apparent. Annually we receive a lesson in the form of diarrhoea, dysentery, cholera-morbus, or that fearful scourge—the cholera; but a respite of a few months through the frost of winter obliterates the experience we have so frequently been compelled to receive, and we impatiently wait, and eagerly accept a new opportunity to test the stomach's endurance of all manner of indigestible fruits and vegetables.

There seems to be persons in the world whose whole business is to try how much fruit, soda water, beer, ice water, brandy, and vegetables the human stomach will contain. Always hungry, always thirsty, but never prudent. In hot weather, food taken in the stomach is very liable to undergo fermentation before it can be digested, more especially if too full a meal is taken, and much of any kind of liquid drank. A deranged state of the stomach or bowels would seldom take place if due attention was given to the quantity and quality of the food and drink. The stomach will digest more food in cold than in warm weather, the ratio being as the temperature of the atmosphere approaches that of the body; hence the necessity of abstemiousness in quantity, and care in the kind of food used. We would not be understood as deprecating all kinds of fruit, but only such as is unripe and stale. Nor would we convey the idea that cholera is caused only by improper diet, but that those who indulge excessively in unwholesome food are more liable to an attack should the epidemic prevail.

The heat of the season, as we before

remarked, is prone to retard digestion, and if we add to this food that readily ferments, and dilute the secretions of the stomach by large draughts of liquid, indigestion follows. The irritation it produces causes it to be expelled by vomiting or passed more quickly to the bowels, where it is rapidly carried off in the form of diarrhoea. "An ounce of prevention is worth a pound of cure," says the adage, and all who desire to avoid contact with pills, potions, and doctors, will take the ounce, and thus escape the pound.

For the Homeopathic Journal.

THE MISREPRESENTATIONS OF HOMEOPATHY.

[CONTINUED FROM OUR LAST NO.]

5. *Homeopaths give no medicine at all.*

This is an assertion frequently made by those who, so far from giving "no medicine at all," give medicine in doses which attack the patient instead of the disease.

It may be thought that the statistics given under the head "Homeopathy is inefficient against violent diseases," would be sufficient to convince any candid mind that homeopaths must give *something*, in order to secure such brilliant results, but as we have some statistics of diseases treated allopathically, homeopathically, and without any medicine whatever, I purpose giving them here, for, after all, the people look to *results*, not *systems*.

The following results of the treatment of cholera in Wischney-Wolotschek, in Russia, is extracted from the Prussian State Gazette, No. 136, Nov. 13, 1831. The report is drawn up by Dr. Sieder, a "Stadt Physicus":—

Cured by Homeopathy.....	86 out of 109
" Allopathy.....	60 out of 199
" Nature, without the aid of Medicine.....	16 out of 49