

spasms, and finally whooping cough—usually the most persistent and tenacious of all of these membranous maladies—I find no one remedy more strongly indicated, or which yields more prompt and satisfactory results than Antikamnia and Heroin Tablets, composed of antikamnia 5 grains and heroin hydrochloride 1/12 grain. The purpose of this combination is manifest at once, for it provides primarily, a respiratory stimulant; secondly, a soothing sedative to the irritable mucous membrane and thirdly, an antipyretic and analgesic. Result:—A prompt and efficient expectorant, which at once relaxes the harsh and rasping cough, and releases the tenacious, sticky and gelatinous mucus, while its soothing influence is at once manifested, greatly to the comfort and contentment of the patient."

**HOT HOUSE PLANTS.**—Refinement in matters of social life proceeds hand in hand with refinement in other lines as civilization advances. From the standpoint of the physician and of the anthropologist, it is a question whether the physical side of mankind is improving or degenerating.

The method of bringing up children, especially in the families of the well-to-do, is too often a serious menace to the child's health and development. Too much indoor life, too much supervision, too little freedom of motion and of will is undoubtedly the cause of the many weaklings seen in the families of the wealthy. Such children have the characteristics of hot house plants.

The remedy is, of course, to do away with the surplus care and attention bestowed on the child, to let the child do more for itself, have more freedom, more fresh air, more play with other children. Foods and medicines are only temporary helps for child weakness. Such a medicine as Scott's Emulsion of Cod Liver Oil, or the hypophosphites, or some of the beef preparations, may be needed to give new strength and restore flesh—but nature is its own best doctor and in the end can take care of "hot house children" if fond parents will only give nature a chance.

**PINOCODEINE.**—An admirable expectorant and sedative, containing 1/8 gr. codeine phosphate to the drachm, in combination with valuable expectorants and astringents—is pretty generally prescribed by the profession. The full formula will be found in advertisement page —.

**BLOOD FOR BABIES.**—In the course of the second year there comes a time when the milk diet begins to be insufficient for the growing child, and Nature calls for a change, while yet the system is in many cases unprepared for solid food. This kind of deadlock results in diarrhoea or constipation, anemia, restlessness, fretfulness, etc. In such cases the fit and radical remedy will be found in the administration of say ten drops of bovine in a little milk, at intervals of three hours.

Little Robert Valverdie, a patient who came under my care in the condition of malnutrition above described (after trying all the usual medical helps with no benefit), was immediately restored by the direct blood treatment. On the second day of taking bovine, the constipation and other trouble began to be relieved, and on the third day all signs of ill health had disappeared as if by magic. This simple treatment was continued for three weeks, the child thriving beautifully.—Case reported by Dr. T. J. Biggs.

## HOW TO ASSIST YOUNG GIRLS TO WOMANHOOD.

By EDWARD C. HILL, M. D.,  
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The primary establishment and the menopausal cessation of menstruation are the two crucial physical epochs of woman's life. The change from maidenhood to womanhood is one that involves the whole body, and manifests itself alike in the form, the voice and the sexual and nervous phenomena. In an ideal state of perfect health this transition into puberty should be as natural and uneventful as gliding from sleep into consciousness. Owing, however, to the present civilized modes of living, the cerebral development of young girls is fostered and forced to a degree that deprives the remaining tissues and organs of their necessary nutrition, and too often we are called to treat pelicate girls that are like buds blasted in the blossoming. Many a woman traces back