

undoubted efficacy. Twenty drops of this tincture and five drops of Arnica tincture may be mixed with ten grammes of Spiritus vini and vigorously shaken, and we get a preparation of sufficient strength which is, besides, cheaper than sanitary wines or other wines still more expensive. And while the latter tire a person, produce acidity and may injure by exciting palpitation of the heart, this will never be the effect of Avena and Arnica when taken in the proportion given above.

PRACTICE.

BY DR. PRETCH.

INJURIES, BRUISES, CONUSIONS.

Bathe the injured parts with or apply a piece of lint or linen dipped in a lotion composed of one part of Arnica to ten of water.

Rhus tox, one dose every 4 to 6 hours, may be taken inwardly if the joints or tendons have suffered.

CUTS, WOUNDS.

Cleanse the part thoroughly with a soft sponge dipped in a solution of Arnica tincture and cold water in the proportions of one to ten, as directed above. Then unite the edges with strips of Arnica adhesive plaster and keep the injured part perfectly quiet. If the wound is considerable, the bandage has to be renewed and the wound cleaned with the Arnica lotion at least once in twenty-four hours.

Internally take Aconite if fever should set in, or China if faintness ensues from loss of blood. Either medicine may be administered in solution, one teaspoonful every two or three hours.

SPRAINS OR STRAINS.

Apply a bandage kept constantly moist with an Arnica lotion and take internally Rhus tox., one dose three times a day.

BURNS AND SCALDS.

Use a solution of the Tincture of Cantharidis in the proportion of one part of the tincture to ten or fifteen parts of cold water, or, what is still better, of warm whiskey, and apply this solution by means of lint or pieces of soft linen or muslin. The application of Spirits of Turpentine to the injured part is also very efficacious; so is Glycerine to which a few drops of Canthar tinct. may be added.

CRAMPS IN THE LEGS.

Nux vom. if it arises from or is connected with indigestion.

Rhus tox. if the attacks occur by day as well as by night.

Veratr. if there is a feeling of being unable to bear the warmth of the bed.

FAINTING.

Remove all tight articles of clothing, lay the patient on the floor, dash cold water over the face and let him smell Spirits of Camphor. The room must be well ventilated.

GOUT.

This disease generally affects the joints, and more especially those of the fingers and toes, which become red, hot and swollen with burning pains.

Bryonia, fiery and shining, swelling with shooting pains, worse by moving about.

Pulsatilla when the pains pass rapidly from one part to the other.

Rhus. tox. if the disease is caused by working in water, washing or getting wet in rainy weather.

Dose: One teaspoonful of the solution every two to four hours.—Homeo Envoy.

TO KEEP THE JOINTS SUPPLE.

As years increase the muscles become stiffer, the joints less supple. Light gymnastics, affecting the whole body, become imperatively necessary if one

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