

ready, but not precipitate; inflexible without harshness, cool, calm, and open to conviction; imperturbable, whatever may occur; honorable even to punctiliousness; and sincerely religious in the best and loftiest sense. He is a reading and thinking man; one who aims not so much to be "up with the times" as to be liberally conservative in all things. In short, the ideal physician is a type of the highest manhood that human nature can produce. Such a standard as this we should keep constantly before us; striving to realize in ourselves, as far as practicable, the comprehensive character of the medical vocation.—Dr. Osborne, in *The Medical World*.

The following clipping from a Pittsburgh paper shows that the habitual users of "headache powders" run no little risk—these, like so many of the new five and ten cent sure "cures" for all sorts of things, come from one common source, coal-tar, and are all more or less dangerous. Better stick to safe Homœopathy. Here is the clipping:

"As a result of three deaths from headache powders in this city recently, the county authorities have taken a decisive step against this free and unguarded use. To-day the coroner's jury rendered a verdict in the case of Mrs. Celia Butler, who died Sunday, twenty minutes after taking a headache powder, recommending that caution notices be printed on all headache powders containing coal

tar derivatives, and that a State law be enacted to enforce the same. The jury urged that in the absence of any law all druggists should warn customers as to the danger of taking such powder."

Temporary relief during the drug action is, at the very best, all that can be expected of these things, and their action, generally on the heart, is bad. Let them alone for they are dangerous.
—Homœopathic Envoy.

RAPID EATING.

There is a prevalent idea that slow eating is favorable to digestion, but this, says the *Journal of Mental and Nervous Diseases*, is largely fallacious. The important point is not that we eat slowly, but that when we do eat we chew with energy. Of course, where the haste is due to some mental anxiety this may injuriously inhibit the secretions. Slow eating begets a habit of simply mumbling the food without really masticating it, while the hurried eater is inclined to swallow his food before properly masticating. Hence, hurried eating is bad, but rapid masticating is advantageous. It concentrates our energies on the act in question, and, hence, more thoroughly accomplishes it. Moreover, energetic chewing stimulates the secretions of saliva in the most favorable manner. These various points are so commonly misunderstood, at least by the laity, that they demand our frequent attention.—*Medical Brief*.

MONTREAL HOMŒOPATHIC PHYSICIANS' DIRECTORY.

HUGH MATHEWSON PATTON, B.A., M.D., C.M.

125 MANSFIELD STREET.

Telephone 1077 Up.

DR. A. R. GRIFFITH,

Office, Tooke's Building, 2 to 4 p.m.

Residence, 535 Wellington St., { 8 to 10 a.m.
7 to 8 p.m.

Telephone: Uptown, 1147 Up. Residence, 8544.

SCOTT NICHOL, M.D.

140 MANSFIELD STREET.

Telephone 1231 Up.

LAURA MÜLLER, M.D.

213 STANLEY STREET.

Telephone 1183 Up.

W. G. NICHOL, M.D.

140 MANSFIELD STREET.

Telephone 1231 Up.

DR. ARTHUR DOUGLAS PATTON,

64 Crescent St., first house below

St. Catherine, Montreal.

At home, 9 to 10 a.m., 2 to 3, and 7 to 8 p.m.

Telephone 995 Up.

WM. McHARRIE, M.D.

53 PRINCE ARTHUR ST.

Telephone 271 East.

EDWARD M. MORGAN, M.D.C.M.

247 GREENE AVE.

Telephone 205 Mount.