

Cream, 1 tablespoonful.
Milk sugar $2\frac{1}{2}$ teaspoonfuls.
Barley (or oatmeal) water, 2 table-
spoonfuls.

Lime water, 2 tablespoonfuls.

Salt, a pinch.

Heat to proper temperature and feed every 4 hours.

Infants should not be put on a varied diet before the sixth month, and no article of starchy food should be used before the seventh month.

To be continued with substitutions and variations of baby foods.—Homœopathic Envoy.

DECEMBER DONATIONS.

Mr. Geo. Buchanan, two bags of potatoes and one bag of carrots.

Lady Van Horne, men's and women's night gowns.

Mrs. S. Bell, six children's games and four pairs pillow slips.

Mrs. S. Taylor, old linen.

Mrs. Von Rappard, old linen.

Miss Dow, two prs. sheets, six prs. pillow slips, two women's gowns and two men's gowns.

Friends can help to swell the profits from the entertainment kindly given by Mr. F. H. Norman and his pupils for the benefit of the Hospital by selling tickets which can be obtained at the Hospital, 44 McGill College Avenue.

A lot of "Christian Science" women down in Georgia refused to be vaccinated, so that they were fined and imprisoned; but the judge, being chivalrous, made their own dwellings the prison and stationed a sentinel at the door to see that they went not out, and so was the majesty of the law vindicated. We wonder if "thirty days" equals one vaccination in protective power against small-pox? If not, why imprison?

EXPERIENCE WITH ARNICA.

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When I began the investigation of Homœopathy, I sent for some works on the subject, among which there was "Joslin's Principles of Homœopathy," in which the author asserted that there need be no doubt in the mind of any honest investigator, in regard to the correctness of homœopathic provings, as any physician who cared to try the experiment could prove the remedy of which he had read nothing, consequently knew nothing, by taking repeated doses of the medicine and making a note of all symptoms as they appeared. He would find that they would coincide with the recorded symptom of the same remedy in any of our works on materia medica. At that time I had no knowledge of the pathogenesis of *Arnica* except I knew that it had been used as an external application in bruises. With this limited knowledge of this valuable polychrest, I procured some mother tincture of *Arnica*, prepared some by dropping ten drops in one-half glass of water and taking a teaspoonful of the solution every two hours.

The next morning after I began my experiment I was sick all over, my head ached, I was sick at the stomach, my head was hot, but I had an internal feeling of cold; I was thirsty but sick with eructation; tasting of bad eggs. I felt sore and bruised with no inclination to do anything. I did not know it then but I know now that I was on the eve of a valuable proving of the remedy. However; it was a bit of experience that satisfied me in regard to the correctness of the author's statement of a fact.

From a retrospective glance, I now see how little I was prepared to make such a practical test and freely acknowledge without hesitation or mental reservation in me whatever, that my experiment leaves the marks of the novice that I

ABBHEY'S

EFFERVESCENT

SALT.

A pleasant effervescing aperient, taking the place of nauseating mineral water.
Recognized and prescribed by eminent members of the profession in Great Britain and Europe and Canada.