

## II. AN ILLUSTRATION.

By the law of similarity it was found that *hepar* and *spongia*, affording symptoms very similar to those of croup, would cure it. It was, and is still, difficult to determine when to give the one or the other; and, because it was so difficult to select the one true remedy in a given case, both were given in alternation; and that course was not only then recommended, but is still recommended in the latest Domestic Physicians.

About eight years ago, when comparing the drug effects of *belladonna*, a homeopathist of the Hahnemannian school was struck with the similarity of the effects of *belladonna* with the symptoms of croup. The pathology of the disease and the provings of croup were similar. *Belladonna* was administered in single very small doses, and the results were astonishing. Other physicians have tried it with satisfactory results, but single smallest doses are indispensable.

## III. CONCLUSIONS.

The true mode of cure is, to give one smallest dose of a remedy, selected in accordance with its similarity to the disease.

The alternating of medicines shows a want of knowledge of the *Materia Medica*, affords no opportunity for clear observations, leads to stronger and lower doses—to the tinctures, and finally to the compounding of medicines.—*Homeopathic News*.

## ON DIET.

By Dr. RICHARDSON RUSSELL.

WHETHER it be true, as some historians affirm, that Napoleon lost the battle of Leipzig owing to his having eaten a bad dinner, may well be a matter of doubt; but there can be no doubt whatever that bad dinners and bad food generally are at the bottom of very much both domestic and national misery and disaster. And it seems to me that there is no subject which more imperatively demands our special attention as homeopathists, than the one I have chosen to offer a few observations upon. For, from

the promulgation of the system founded and taught by Hahnemann, numerous specialities in diet have been inculcated with more or less rigor by himself and his followers, and so prominent have these innovations become to the eye both of the public and the medical profession, that while the former frequently seem to suppose that if they consume only a sufficient quantity of homeopathic cocoa, they will be entitled to all the benefits of the new system of medicine, the latter discovers, with its usual sagacity, that, although the success of our treatment is beyond dispute in very many cases, yet that we owe our superiority, not to the total difference of the principle according to which we select our remedies, but to our better judgment in the regulation of the diet of our patients, although the subject of diet has been one carefully studied and ably handled since the time of Hippocrates; and although, by this assumption, our opponents pay us the highest possible compliment, by yielding us the palm of victory in the field common to us and them. In fact, if they are right in this explanation, it would be tantamount to saying, that as there is no law by which we profess to be guided in our choice of food analogous to that which directs us in the choice of the proper medicine, each individual who practises homeopathy displays a higher amount of intelligence than his allopathic brethren, and is in their sense of the term the better physician of the two. This is a fatal argument for young physis, which professes rather to cure diseases by diet and regimen than by medicines. They acknowledge themselves thrown in their own ring; how strange is their inconsistency! It is considered disgraceful to admit the superiority of homeopathic medicine, a novelty which old physicians might pardonably plead ignorance of, and they prefer to proclaim their inferiority in the only branch of the physicians' art on which they build their reputation; while on the other hand we find among ourselves a perinacious adherence to certain dietetic formulas, which rest on no authority but that of accidental preju-