

the forehead can be rubbed with the fingers from the centre toward the temples; for a double chin one simple movement is invaluable, no one need have a double chin; but the remedy should be resorted to early, as in later life the skin loses its elasticity and it is better to have a double chin than a dew-lap; rub under the chin with the fingers, beginning under one side and drawing them out at the other; this done first with one hand and then the other makes many strokes a minute possible, and the flesh under such treatment will soon begin to visibly lessen. Much can also be done to reduce the stomach and abdomen in the same way, a rotary movement being most effective.

In all massage it is well to oil the hand with cocoa oil. In cases of emaciation as much oil as the skin of the patient will absorb should be rubbed in in the course of the usual movements. Oil also tends to sooth nervous patients, and is often most grateful.

Massage is a mechanical and indisputable aid to circulation, and as in prostration and fatigue the blood ceases to flow in proper quantities through the arteries, and is drawn off to the veins in death the blood leaves the arteries altogether, the relief of restoring the equilibrium of the circulation is instantaneous. The Japanese regard massage as an indispensable feature of life, just as they and we look upon a bath as a necessity, and in this they are right and ahead of us.

Those interested in the homoeopathic treatment of diseases should read the 'Montreal Homoeopathic Record,' published monthly by the Woman's Auxiliary of the Homoeopathic Hospital, 44 McGill College avenue, which contains a great variety of interesting notes, notices and hints.—*Montreal Daily Witness*, November 5th, 1896.

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HOW TO STOP CRYING BABIES.

Though the sound of a baby's crying is never agreeable music, even to the most devoted mother, it has been held for centuries that this was an affliction from which there was no escape. It has remained for the trained nurse to discover a method by which babies are induced to hold their peace. As soon as a child begins to cry the nurse catches it up, holds it gently, and places her hand over its nose and mouth so that it cannot breathe. The crying ceases directly and the child is allowed to breathe freely again. Should it a second time attempt to scream the same simple and effectual method is applied. This is repeated till the baby imagines that the painful stoppage of the breath are caused by its own efforts to scream, and so is careful to keep quiet.

It is claimed that this plan works to a charm, and that the self-control exhibited by infants three months old, even in actual pain and distress, is something remarkable.

RECIPT FOR RHEUMATISM.

The following receipt has been found specially effective in stubborn cases of rheumatism. One new egg well beaten, half a pint of vinegar, one ounce of spirits of turpentine, half an ounce of camphor. These ingredients must first be beaten together thoroughly, then put in a bottle and shaken for ten minutes, after which it should be corked tightly to keep out the air. In half an hour it will be ready for use. It should be applied three or four times a day, and for rheumatism in the head it should be rubbed on the back of the neck and behind the ears. It will keep for an indefinite time, and, in fact, is rather improved by age.

For burns crude petroleum poured upon the burned surface and covered loosely with cotton will subdue the pain almost at once.

“RADNOR”

Dr. J. R. Kippax, Professor of Medical Jurisprudence in the Chicago Homoeopathic Medical College, writes: “Radnor Water is an agreeable and exceedingly pure table water, and surpasses the leading German Waters in therapeutic value.”