

and is not so apt to cause eructations, nausea and indigestion."

Unadulterated and sweet olive oil is one of the best foods known for the sick or the well, and its free use cannot be too highly commended.

Dr. Geo. W. Homsher, of Camden, O., says *Ee. Med. Jour.*: Stramonium expressed juice with vaseline: use with friction to bald heads and see how it promotes the growth of the hair" Stramonium ointment.

"It is my belief," says a doctor in the *Lancet*, "that a large proportion of the anemia in girls is due to tight-lacing; and for several years it was a custom of mine to measure the waists of all the anemic girls that came before me, and the corsets they were wearing; and I have records of dozens of cases of anemia in which waists which naturally measured twenty-two, twenty-three, and twenty-four inches were compressed into corsets measuring nineteen, eighteen, seventeen and sixteen inches. I have repeatedly seen their livers displaced by tight-lacing, and in one of my private patients the liver was so displaced from the same cause that it was forced even below the intestines."

M. Verneuil recently read a paper before the French Academy of Medicine in which our old homoeopathic *Calendula* was strongly commended. He uses it freely on all boils, carbuncles and sores and finds it arrests the progress of the diseases, allays pain, reduces the fever, disinfects the purulent and gangrenous cicoties and hastens healthy granulations. He prefers the non-alcoholic, the *Succus calendular*.

THE EVOLUTION OF A HOMOEOPATH.

The *Medical World*, an allopathic journal published at Philadelphia, welcomes to its columns the expression of all shades of medical opinion or enquiry with the very laudable desire that the truth may prevail. The result has been the springing up of quite a lively correspondence between the Homoeopaths and the doctors of the so-called regular school as to the merits of *similia*. Doctor S. E. Chapman, of Napa, California, has contributed a masterful letter which has evoked both criticism and enquiry and, in the June number, under the above heading, pursues the subject in a way that must prove both interesting and encouraging to all adherents of the great principle laid down by Hahnemann.

Dr. Chapman says:—

In 1873 I received my degree from a homoeopathic college and have ever since been engaged in the practice of medicine. Ostensibly during all these years I have been a homoeopath, but really I did not begin the practice of homoeopathy until after fifteen years of miserable bungling, hopes and fears, getting now and then a glimpse of the light, following for a little time the beautiful ray, and then relapsing into the old time "go as you please," racing up and down the gamut of empiricism and seeing precious lives go out that might have been saved had I but caught the spirit of Hahnemann earlier in my professional life. This is not a pleasant thought; but like St. Paul, "I did it ignorantly." There never has been a moment of my professional life when I was not anxious to know the truth; and

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.