

HINTS.

Congestion to the head, *Aconite*.

Eyes red, inflamed, painful on moving the eyeballs, lids feel dry and burn, *Aconite*.

Convulsion of teething children, *Aconite*.

Heat, thirst and restlessness, *Aconite*.

Neuralgia following exposure to dry cold winds, *Aconite*.

Rheumatic pains in the muscles of the neck and back, feeling of stiffness and contraction, *Actea racemosa*.

Constipation with hæmorrhoids, *Esculus hipp.*

Constant backache with hæmorrhoids, *Esculus hipp.*

Chronic granular eyelids; thickened eyelids, dry and burning, *Alumina*.

Point of nose cracked, *Alumina*.

No desire or ability to pass stool until there is a large accumulation, *Alumina*.

Itching red ears as though they had been frosted, *Agaricus*.

Skin burning, itching and red, as though frost bitten, *Agaricus*.

Stoppage of nose at night, must breathe through the mouth, *Ammonium carb.*

Asthmatic cough, as from dust in the throat, shortness of breath on the least exertion, *Ammonium carb.*

Fat persons with short breath are often benefitted by a course of *Ammonium carb.*

Gastric catarrh with white tongue, *Antimonium crud.*

A milky white tongue is always a symptom suggestive of *Antimonium crud.*

Skin eruptions characterized by unbearable itching call for *Mezereum*.

Flatulent dyspepsia, everything turns to wind, *Nux moschata* 30.

Dyspepsia with flatulence, constipation, water brash, cold hands and feet, *Lycopodium*.

Nocturnal itching of the feet, *Ledum pal.*—*Homœopathic Entoy.*

A solution of fifteen grains of boracic acid to the ounce of water, applied three times a day with a camel's hair brush, is said to be very efficacious in styæ.

SIMPLE MASSAGE.

IT IS AN EASY AND EFFICACIOUS TREATMENT
—WILL STRENGTHEN AND BEAUTIFY THE
BODY AND RUB EITHER DEW-LAPS
OR DOUBLE-CHIN OUT OF
EXISTENCE.

A physician of high standing says that he thinks massage will be used far more in the near future than it is at present, and he instructs the families under his charge in the art of massaging each other. When practicable he advises every one who wants the massage to first be massaged by some good operator and thus learn just how it feels; but he gives instructions that alone fit one to do this work more intelligently than it is performed by many who pretend, and only pretend to know the business.

A general treatment should begin with the feet the subject lying down; each foot should be taken and rubbed and squeezed, all the time rubbing and squeezing up, just as if you were trying to send the blood out of it toward the heart; all points throughout the body should be manipulated between the palms of the hands; the legs must be gently kneaded, the abdomen and stomach follows; kneading of the stomach is one of the most successful ways of relieving indigestion, but it is often done too roughly; it is a good general rule that when massage is agreeable it is also beneficial, and when disagreeable it is injurious. Strength and gentleness must go together in all the movements, if one particular method of handling, particularly the stomach and abdomen, is more agreeable than another, that should prevail; the hands and arms are treated just as are the feet and legs, all these movements uniformly tending upward, after this the patient turns on his face and the back is kneaded along both sides of the spine throughout its length; the palm of the hand is used flat on back and abdomen; the muscles of the limbs are grasped, and after the back is treated the chest is gently tapped and pressed with the ends of the fingers.

Massage of the face cannot be completely taught without visible illustration, but a few useful movements can be described, and nothing further should be attempted by the novice; with the fingers the face, from the corners of the mouth, should be softly rubbed up and outward, this tending to prevent the hard line that often settles from the nose down as the cheeks tend to fall inward;