

## HINTS.

"Nux vomica" is the great anti-alcoholic remedy for the headache, the nervousness and other ills following excess.

Tincture doses of "Urtica urens," five or ten drops, is very potent against uric acid in the system.

A sensation of dust in the throat that causes the most disagreeable fits of coughing may be relieved by "Ammonium carb."

Take "Sulphur" immediately after being vaccinated, as it wards off some of the evil effects of that unhealthy practice.

Tightness of chest with hoarseness or cough, "Phosphorus."

Sour flatulence, "Rheum."

Eczema in general, "Rhus"; dry eczema, "Alumina"; bakers, or grocers, itch, "Bovista"; eczema of scalp "Oleander"; palms, "Graphites"; on chin, "Cicuta vir."

Dull headache from torpid liver, "Leptandra 0" pellets.

Flatulent dyspepsia, where everything turns to wind, "Nux moschata."

Extreme dryness of the hair is a marked symptom "Kali carb."

Heartburn with acidity, "Calc. carb."

An occasional dose of "Hepar Sulph." is good for unhealthy skin.—Homœopathic Envoy.

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

A colored woman threw the odds and ends of medicine left after her husband's death into the fire. The explosion that followed carried the stove through one of the windows. "Mos' pow'ful movin' medsin I eveh saw'd," she said. "No wondah the old man gone died."

## DON'T DO IT.

"I think when I make the statement that one-half at least of the human family die from worry, I am not over-estimating. The people are a nation of worriers. The poor worry because they are not rich, and the rich worry because they are not richer. The poor worry for an existence; the rich worry about what they have. Women worry about dress and fashion, men worry about business and standing. This continuous worry and complaint interferes with digestion; and not with that alone, but it affects the nervous system, the brain; and, I may say, nearly all the physical make-up.

"There is a great deal of worry that is absolutely unnecessary and un-called for; but it does very little good to tell patients that. I really believe the most of our trouble is borrowed trouble."—Dr. Geo. J. Munro, in Health for May.

## CRYING BABIES.

"A baby that cannot cry for exercise or relief is not worth raising; and persons who have a diseased dislike for an infantile cry are not qualified to have the care of children. A nurse who keeps on hand a stock of paregoric or any other pain-killer and not pain-curer, and who thinks more of her sleep than she does of the welfare of a child, is bad. It is the duty of a physician and nurse to treat the cause of pain instead of pain, while aiding Nature's curative work. It is safe and sad to claim that the number is immense of children who have been professionally helped forward to the great beyond (the helpers not originally intending murder) under a faith that little children, especially orphan children, are better off in heaven, with Jesus, than upon earth where there is so much wickedness. Even among professing Christians the commandment about not killing does not always receive due respect."—G. W. King, M.D., Trans. E.M. S. of N. Y., 1900.

First Doctor—What makes you think the patient will die if we don't perform the operation?

Second Doctor—That isn't the point. This is a new disease, and if he should live without an operation it would establish a precedent.—Life.