

good than harm. Let him also eat meat daily, and once during the year discard meat altogether for a period of thirty days.

Such a change will act upon him in a most salutary manner. When such a subject has some slight indisposition—say a cold or catarrh—he should try and relieve it by *diet*. Let him eat little or nothing for twenty four hours, and most probably his attack will prove to be *self-limited* and take a favorable turn after the expiration of the twenty-four hours. There are exceptions to the above rules, and the special advice of a good doctor should then be consulted.

To the one who has attained longevity and who has escaped the diseases that so often accompany old age the following lines quoted below portray most vividly old-age exit. It is a translation of a pagan prayer uttered 3000 years ago, and it describes evening life in old age and its transition:

"So peaceful shalt thou end thy blissful days,
And steal thyself from life by slow decays.
Unknown to pain, in age resign thy breath;
When late, stern Neptune joins the shaft with death:
To the dark grave retiring as to rest,
Thy people blessing, by thy people blessed."

—*The Homoeopathic Nurs.*

THE INDICATIONS FOR ARNICA MONTANA.

This is the remedy the Homoeopathic physician thinks of for conditions resulting from mechanical injuries: such as falls, blows, contusions. No matter how long ago since the patient contracted the injury, if the remedy is indicated by the totality of the symptoms, Arnica will cure. A patient of mine, a lady, almost always feels as if beaten, tired and sore after playing the organ. She takes Arnica, and within a short time

the trouble is remedied. Bed feels too hard, the patient complains of a sore feeling all over the body—feels as if he had been pounded, in sudden wrenching of muscles, hemorrhages from injuries, injuries to the soft parts accompanying fractures, bruises, ecchymoses and contusions of the brain and spine, Arnica every time. In fevers, especially those of a typhoid character, Arnica is of great service. In intermittent fever we find that the patient has thirst during the chill, but none during the heat or perspiration. During fever head and upper part are hot and the body is cool. In typhoid fever the patient is indifferent; he does not seem to know or care that he is sick; he goes to sleep while answering a question; he complains that his bed is too hard, and he tosses about to find a soft spot. There is here involuntary stool and urine, and we find petechiae all over the body. As the condition of the patient goes from bad to worse the stupor increases.

In rheumatism caused by exposure to dampness, with cold and much muscular strain combined, we always give Arnica. Never forget this remedy in these cases. In two or three days it sets the patient aright, who would have otherwise lingered on for several weeks. In dyspepsia it is indicated when the patient has a throbbing headache and feels sleepy after a meal. There is belching of gas, tasting like rotten eggs; breath is exceedingly foul; the abdomen is distended; the dyspeptic must loosen his garments after eating. In pneumonia, with a bruised sore feeling and bloody expectoration, there is no one remedy in the *materia medica* that can take the place of Arnica. Study Arnica, and you will find that its internal use is of far greater service than the external one.—*The Homoeopathic News.*

ABBHEY'S **EFFERVESCENT** **SALT.**

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