

headache powders. Every one of these powders contains acetanilid or phenacetin or some allied coal tar product. They all have a depressing effect on the heart. The New England Medical Gazette in its issue of July, 1903, is authority for the statement that, according to the health statistics of Boston, the deaths from heart disease showed an increase of seven per cent. in fifty-two years. The Gazette accounts for this increase by laying it to "the strenuous life," but it is not unreasonable to believe that some of it is due to the indiscriminate use of such drugs as those dealt out to the public as headache powders. No physician of any school will deny that these drugs are heart depressants.

But to return to our question. What has homeopathy to offer? I can assure you that the majority of physicians of even the homeopathic school are glad to see a patient who "only has headaches." Such cases require very close prescribing, but perhaps no other disease will reward the physician's efforts in good results more than this one if he gives it careful study. To cure a sick headache so it will never return, is a very difficult thing to do. I did it once in my professional career ten years ago. In fact it was before I graduated and my innocence regarding the task I was attempting gave me success. I took the symptoms and matched them up with the drug carefully and my patient who had been subject to sick headaches all her life has never had a return of the malady. My success in this case made me eager for sick headache cases, but I soon found that the other cases were not so easy. Nevertheless, I have brought relief to many a sufferer in this way. I study her case carefully and select my remedy, instructing my patient as follows. When you feel the headache coming on, go and lie down in a quiet dark room and take the remedy every fifteen minutes. Follow this up for one or two hours, and the headache will pass away. If the remedy is well selected this will have a strong curative effect and the attacks will become farther and farther apart, and milder, and in some cases stop altogether after a short time.

In these days of steadily increasing railroad and street car traffic a very simple and annoying trouble is ear sickness. Ask your homeopathic physician for a bottle of those little pills that will prevent this. Take a dose an hour before you start and each hour succeeding if your trip is an extended one. Your ride will be a pleasure instead of something to dread.

Another trifling thing from which you will never die, is cramps in the calves of the legs and soles of the feet at night in bed. Homeopathy can give you im-

mediate relief from these attacks.

While dealing with the troubles of children I forgot to mention "wetting the bed." This usually can be cured very easily by belladonna or gelsemium or causticum.

Boils when starting can very often be aborted, but if you do not start early enough for this, you can find a remedy to hurry them along to maturity, and after that, one to heal them up properly after they commence to discharge. Then again if the boil is not attended to properly in the beginning the patient may have them coming in succeeding crops. It seems as though his system has got "seeded down" with them. Again homeopathy comes to his assistance, but in these I always make him continue the remedy for three months and the boils never return.

A very erroneous idea is prevalent among women, viz., that all have to suffer about so much at the change of life. Such is not the case. It is very important that a woman should go through the change properly, and a little medicine at this time from the homeopathic chest will do much to make life more pleasant. But its effects are still farther reaching than immediate relief, for it very often will correct troubles at this time so that the patient will enjoy the best health of her life during the next fifteen years of her existence.

A disease which is very common both with children and adults is tonsillitis. It may be one of two kinds. The simplest and perhaps the commonest form is where the tonsils simply swell up and become inflamed, but do not go on to suppuration. The other kind is that known as "Quincy Sore Throat," which is a tonsillitis where pus forms in one or both tonsils, and no relief can come until the abscess thus formed has broken or been lanced and the pus discharged. One attack generally predisposes to another, and the patient will have two or three attacks every year. The effective way to treat these recurring attacks is, go to your physician and let him find out from your symptoms and manner of attack what the indicated remedy is. Then always keep a bottle of it on hand, and when the first symptoms of an attack show themselves start in taking the remedy every hour. If the remedy is well chosen a few hours medication will break up your attack. Prof. Nash, of Cortland, N.Y., in writing on this subject says, "Some who employ me for nothing else come for those powders that break up quincy so quick."

In connection with this same disease, if the patient is a young child especially, these repeated attacks will enlarge the tonsils and soon they become hard, and remain permanently en-