

I gave her some powders of Coffea cruda 6x to take each night on retiring. They passed my fondest hopes in effectiveness. During the past three years she always has kept a supply on hand, and they do not fail her when she gets into one of those nervous states.

A lady of about sixty had gotten into a state of nervous prostration, largely because she had nothing to do except to fret and stew over everybody and everything at the hotel in which she lived. Along with her other troubles she became sleepless. Drinking coffee was like taking poison for her. Her mind was active constantly. It was full of imaginary fancies. Her pains seemed insupportable.

I gave her a powder of Coffea 6x, to be taken at night to help her to sleep, assuring her that it was nothing harmful, but would only quiet her nerves. In the morning she asked me if I was trying to kill her. She said that she at once felt the powder as a load in the pit of her stomach, and soon after a terrible dizziness and confusion in her head, especially at the back. She had been a patron of the allopathic school during most of her life, and I ascribed the symptoms which she recited as resulting from the powder to a vivid imagination.

However, the following night I gave Coffea 30x. In the morning she reported a restful night. That might have been purely a coincidence, but during the weeks which followed, as occasion demanded I gave powders of Coffea 30x, with always the same result. Several times also I went back to the 6x unknown to her, and invariably she complained of the dizziness and confusion following its use.—Med. Century.

An exclusive pork diet tends infallibly to pessimism. Beef, if persevered in for months, makes a man strong, energetic and audacious. A mutton diet, continued for any length of time, tends to melancholia, while veal eaters gradually lose energy and gaiety. The free use of eggs and milk tend to make women healthy and vivacious. Butter used in excess renders its users phlegmatic and lazy. Apples are excellent for brain workers, and everybody who has much intellectual work to do should eat them freely. Potatoes, on the contrary, render one dull, invidious and lazy, when eaten constantly and in excess. To preserve the memory, even to an advanced age, nothing is better than mustard.—Pearson's Weekly.

## THE PERUNA HABIT.

In view of the assurance displayed by the full page, illustrated (?) advertisements appearing in our daily press, the following item is of interest:

"The Peruna habit and other forms of alcoholism should be looked into by its religious and newspaper sponsors. We are indebted to Mrs. Martha M. Allen, the energetic worker of the W. C. T. U., for having asked the Massachusetts State Board of Health to analyze Peruna. In an advertisement of this nostrum a statement was made that Peruna has among its friends many of the leading temperance workers in this country, who give it unstinted praise, and do not hesitate to indorse it by the use of the most extravagant language.' The chemist found it contained 23.46 per cent. by weight of alcohol. We know of one patient, a young lady, who has been taking large doses of this compound, and who has found it so exhilarating that she has made herself a sort of walking advertisement for the enterprising manufacturers. She would have been indignant if asked to take a "cocktail" or a drink of whiskey, containing less alcohol than her prized and secret tippie. The Massachusetts Board found 15.33 per cent. of alcohol in Vinol; 16.77 per cent. in Lydia Pinkham's Vegetable Compound; 5.87 per cent. in Swamp Root. In Orangeine there were found acetanilid, caffeine and sodium bicarbonate. Concerning acetanilid, Dr. Abbott, secretary of the board, says that it should be taken with much caution, lest its frequent use degenerates into a confirmed habit. The proprietors of White Ribbon Remedy were not going to be trapped in one way—there was no alcohol in the drug, but only milk, sugar and ammonium chlorid. It is "as likely," adds Mrs. Allen, "to cure drunkenness as would a blast of east wind." We have entire sympathy with the efforts of the W. C. T. U., to expose the meanest hypocrisy of the worst of liquor sellers, the patent medicine manufacturers.—American Med."

Moral—If you want whiskey, go to dealers therein, and get a better article at less cost.

The superintendent of the public schools of Kokomo, Ind., reports that out of 1,500 boys 400 smoke cigarettes, and are consequently two years behind the non-smokers in their studies.