

HINTS

In diseases of kidneys, where urine has a smoky appearance, that is an indication for Terebinthina.

Millefolium is the remedy for hæmorrhages, unaccompanied by fever or pain.

Cicuta virosa is an excellent remedy for "fits" or attacks of convulsions.

Echinacea ang. 0 is a good remedy in gangrene.

Phytolacca decandra, in a low potency, is a good remedy for cancer.

Unpleasant twitchings are often relieved by Agaricus musc.

Chamomilla is the remedy for flatulent colic in infants.

Hepar sulph. will cure or relieve many cases of hay fever.

Anyone suffering from neuralgia that always comes on at the same hour will find a remedy in Cedron.

Headaches every seventh day is a call for Sulphur.

Itching of anus in young children may be relieved by Ferrum met.

Ferrum phos. is the remedy for all inflammatory conditions.

Kali phos. is a good remedy for asthma.

For toothache in newly filled teeth Arnica is often very efficacious.

Boison, a French physician, asserts that every attack of chills in malaria fever is preceded by a greyiness of the finger nails.

"I have come to regard Nux vomica as the most perfect antidote in our Materia Medica to all the poisonous effects of tobacco." -J. Murrey Moore, M.D., in J.B.H.S.

Before being operated upon for piles try a few Esculus and Hamamelis Suppositories and also the same remedies internally. They have given relief to thousands.

Unnatural drowsiness, Opium 30.

Hysteria, Moschus.

Hahnemann says one of the leading characteristics of Natrium carb. is weakness of stomach, great discomfort following slight errors in diet. Hom. Envoy.

Dr. Walter Myers, of the Liverpool school of Tropical Medicine, who has been carrying out investigations of yellow fever, has fallen a victim to his scientific devotion.

TOO MUCH SITTING UNPHYSIOLOGICAL.

Too much sitting is a principal cause of constipation. A large part of our population makes very little use of its legs. We sit in the cars on the way to business and again on the way home. All day we sit in our offices at work. If we go out in the evening, we hail a car, or a cab, and sit while we are conveyed to our destination. Elevators have taken the place of stairs, and again we sit while we are transferred from one floor to another.

When we do walk, we too often walk from the waist, instead of the hips, so that the important muscles in the buttocks and around the hips, which are sympathetically associated with the function of defecation, are not exercised as they should be, and consequently degenerate.

Every physician must have noticed that enormous size of the hips in many women and not a few men. This overgrowth is significant of degeneration of functional capacity in the organs and structures supplied by the sacral plexus of nerves. Constant sitting, especially on the small of the back, instead of the tuberosities, and an improper position in walking, first numbs the sacral plexus from pressure, and then deprives these nerves of the natural stimulus which results from a normal use of the muscles which they supply with power.

Organic diseases of the spine nearly always begin in the nerves of this plexus. Rheumatic pains in the legs, trophic disturbances in the feet, rectal and cystic disorders, clumsy, waddling or ataxic gait, plague patients long before they come to the doctor with any systematized complaint. -Medical Brief.



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