

HINTS.

Try *Causticum* for the cough following grippé, that is persistent and painful.

Whenever there is a case where eating relieves, but aggravation sets in a few hours later and continues until eating again relieves, *Anacardum* is probably the remedy.

Recently we heard of a young lady, who, while not ill, looked very much depressed. In reply to an inquiry, she said that she felt almost like committing suicide. A friend gave her some *Asarum mt.* with the remark, "that will brighten you up." A few days later she said the effect of the remedy had been wonderful, as the black state seemed to lift at once. You can always tie to the old Hahnemann indications.

Every one who has read much in homœopathics has come across the recommendation of *Belladonna* for cold caused by getting the hair cut. Well the other day the writer had his hair cut, a pretty big crop being taken off; within half an hour sneezing and all the preliminary feelings of a coming bad cold were in evidence. Remembering what is said of *Belladonna* one dose of the 30th was taken, and that fact and the possibility of a cold were forgotten and only recalled to-day, three days later. Whereat this was penned. The true homœopathic remedy cures so easily and quickly that we are apt to forget its beneficence, or think that nothing ailed us. But the writer knows that he was saved a bad cold in the head by the *Belladonna*.

For the grippé there are several remedies to be considered. 1st. *Aconiti*, if the disease was contracted in dry, cold weather and the patient is nervous, restless and anxious; chill followed by hot, dry fever; running at nose and bursting headache. 2nd. *Gelsemium*, general prostration, loss of muscular power, lies quiet but is very weary and languid. Discharge from nose, dull headache and aching all over. 3rd. *Eupatorium per.* is especially indicated when, in addition to the usual grippé symptoms, there is also intense pains in the back and limb of a bone breaking character. 4th. *Bryonia*, in some cases a specific; it somewhat resembles *Gelsemium*, but there is no running from the nose, the patient is "worse from motion;" there may be sharp stitches in the chest and the cough, if one, is very severe causing patient to hold his chest. 5th. *Arsenicum* for malignant grippé characterized by extremely sudden onset, and great

and sudden prostration, catarrhal symptoms very pronounced and patient restless. 6th. *Mercurius* for cases accompanied with sour smelling perspiration, nose swollen, catarrhal symptoms, very persistent expectoration, slimy and raw sore feeling in throat and chest.

Colchicum is a remedy with nausea particularly pronounced; for instance, in diarrhœa with marked nausea it is probably the remedy. Another very marked symptom is that the smell of food nauseates and takes away all desire for it.

That peculiar toothache that is relieved by holding cold water in the mouth, calls for *Opifca*.

In Russia *Asarum Europæum* has a great reputation for the ill effects of excessive indulgence in alcoholic drinks.

Abnormally cold nose in any disease is a symptom calling for *Arnica*, which will probably clear up the whole case.—Homœopathic Envy.

JANUARY DONATIONS.

- Mrs. A. H. Thompson, 1 cake.
 Mrs. James Baylis, parcel of old linen, dressing gown and slippers.
 Mrs. A. D. Patton, cake for nurses.
 Mrs. A. R. Grifflith, 6 bars ivory soap.
 Mr. C. H. Binks, 2 doz. glasses.
 Mrs. E. A. Hilton, tray and nut crackers.
 Mrs. R. Garret, "Harper's Bazars."
 Mrs. A. H. Tompson, fruit cake and 2 pairs slippers for wards.
 Miss Moodie, 2 cakes, 5 yds. oil cloth, 6 basins for operating room, 2 granite kettles, 4 granite saucepans, 1 vegetable knife, 1 toasting fork, 2 asbestos plates, 1 emery stone, 3 slop jars, 6 rocking chairs for wards, 1 closet step.
 Mrs. Wilson, 1 carving set for nurses' table.
 Dr. H. M. Patton, tickets for Irish Protestant Benevolent Society concert for nurses.
 H. Shorey & Co., 2 white coats for porter.
 Mrs. Alan Binks, 3 jars of jam and apples.
 Mrs. F. H. Barr, buns for nurses.
 Mrs. Hagar, 9 jars of jam.
 Dr. A. D. Patton, pens for Board room.
 Teachers' Association, McGill Normal School, 1 gal. ice cream.
 Miss Dow, \$10.00 worth of clothing from Industrial Rooms.
 An unknown friend, flowers for the patients.