

THERAPEUTIC NOTES.

Sore throat, especially worse on the right side, is an indication for *Podophyllum*, as well as *Belladonna*, the presence of high temperature distinguishing the latter. When soreness of the throat commences on the right side and passes over to and involves the left side *Podophyllum* should be remembered as well as *Lycopodium*. In the muscular system as well as the fibrous structures about joints *Podophyllum* exercises considerable influence, and rheumatic symptoms are quite numerous. This would seem to be another confirmation of the opinion that rheumatism is sometimes of hepatic origin, for this drug has a most decided action on the liver and the portal circulation.

Eupatorium as well as *Bryonia* cures when the head or chest is made so painful by coughing that the patient is obliged to support either of these localities with his hand during each paroxysm.

Aconite is the time-honored remedy for uncomplicated fever, but this will sometimes fail and the fever persist for days, slightly remitting; then *Sulphur* is the remedy, and it will not fail you.

The mental symptoms of *Nuxvomica* are strongly marked when the subject for this remedy suffers from gastric, hepatic and intestinal disorder. The irritable and morose mood, scolding, fault finding and readiness to quarrel upon the slightest occasion, grumbling upon every subject and a disposition to look upon the dark and discouraging side of everything may be noticed during a short conversation with the patient; but if this disposition is suppressed out of deference to the medical attendant, the family and friends can amply testify to what they have to endure daily from such an individual.

Sulphur is considered the classic remedy when there is a sense of gnawing hunger in the stomach, and which requires food to relieve it, even if it is only a small quantity; but it is not peculiar to this drug, for the sodium salts, *Natrum sulph.* and *Natrum carb.*, also have this symptom; and *Phosphorus* has constant hunger, often requiring the patient to rise in the night and eat to satisfy this craving. A ravenous appetite is found under *Ferrum*, and continuous hunger is found to exist in the patient calling for *L-dine*, but yet a persistent loss of flesh occurs.

Ice cream in numerous instances is eaten at the conclusion of dinner or too frequently during the hot season; some-

times this causes a gastric catarrh with many of its attending gastroeses. In such cases *Pulsatilla* more often than another will remove this. Of course this is understood to mean the presence of its own indications and absence of others.

Cases are sometimes met with in infants or very young children who without apparent reason waken after a few hours' sleep, "wide awake," as the saying is, and who cannot be gotten to sleep again for a very long time. There seems to be no appreciable reason why they should do so, as they are apparently well. *Cypripedium* often banishes this tendency. When this occurs persistently about 2 or 3 a. m., *Nuxvom.* might be the curative remedy.—C. H. Evans, M.D., in *The Clinique*.

WHEN AND HOW TO BATHE.

Dr. Cyrus Edison, ex-President of the New York Board of Health, writes concerning bathing, in *June Ladies' Home Journal*: "A cold douche or any form of shower bath should not be used when a person is tired or exhausted from any cause, as the reaction, on which the shock depends for its beneficial effect, does not follow effectually when the system is tired.

"The result of the shower in such a case is apt to be internal congestion, which may be disastrous. It does not follow, however, that a perspiring person should not bathe until cooled off. As a matter of fact, if the person is not exhausted, the fact that the pores are open is rather advantageous than otherwise, as the reaction is enhanced and will probably follow more energetically. A bath should never be taken within two hours of a hearty meal. The first effect of immersion in warm or in cold water is to seriously derange the digestive process if that is progressing at the time, and by a physiological effect that naturally follows, to unbalance or derange the whole nervous system. The result of this is extremely dangerous to the bather. There are numerous instances of severe illness and even of death, caused by bathing while the stomach was full."

TO TEA DRINKERS.

If you have any of the following symptoms, viz: trembling, insomnia or a frequent desire to relieve the bladder, change your drink. Tea not infrequently contains a poisonous salt of copper.