

## DONATIONS IN APRIL.

The Lady Superintendent acknowledges with thanks the following:

- Mrs. A. R. Griffith—9 1-2 quarts marmalade.
- Mrs. Terroux.—2 dozen bananas, 3 dozen oranges, 2 pine apples.
- Mr. F. W. Holland—Easter plants.
- Mrs. A. S. Robertson—10 lbs. sugar. 1 lb. tea.
- Mrs. T. Yates-Foster—Sponge cake and charlotte russes for nurses.
- Miss Orkney—Fountain syringe, medicine vials.
- Woman's Auxiliary—6 wrappers.
- Mrs. R. L. Gaunt—2 rugs for "Gaunt Room."
- Mrs. J. T. Hagar—Thermometer for "Hagar Room."
- A Friend—6 towels.
- A Friend—1 dozen artery forceps, 3 pairs surgical scissors.
- Miss Mudge—1 jar marmalade, 1 tin cocoa, 2 lbs. biscuits.
- No name—Magazines.
- Mr. Lunlop—Flower seeds.

TAKE YOUR CHOICE.—The following is an incomplete list of the medical systems more or less in vogue to-day: Hydrotherapy, thermotherapy, electrotherapy, climatotherapy, hypnotism, mind cure, faith cure, Christian science, prayer cure, organotherapy, serum therapy, open air cure, biochemistry, massage, eclectism, osteopathy, spiritual healing, officialism, x-ray treatment, galvinism, combination tablets, bare feet cure, fasting cure, diet cure, rest cure, isopathy, allopathy, and homoeopathy.—Hom. Envoy.

## HINTS.

A few doses of Phosphorus will sometimes arrest or cure alopecia areata, i.e., where hair comes out in patches. Use 30th potency, one dose a week, for a few weeks.

If you have been taking much allopathic or patent medicines stop and take a few doses of Nux vomica 30, and you will probably get well.

Diarrhoea, with painful straining and urging before and after, requires Mercurius.

Indigestion relieved by eating may find a cure in Graphites.

"Running Colds," where the eyes are much involved, require Euphrasia ix.

Extremely painful colic, especially if brought on by cold, requires Colocynthis.

Sleeplessness, if not caused by abuse of tobacco, tea, coffee, etc., may find a brilliant cure in Coffea cruda.

For unwholesome sweat on the head of infants give Calcarea carb.

A feeling of dread as evening draws on is a strong symptom for Calcarea carb.

Anacardium has proved curative in cases of brain-fag where the memory goes wrong.

Sulphur is a good remedy in eczema.

A subscriber asks for a remedy "for a pain in my left side which comes on just at night." Perhaps Lycopodium will relieve the complaint.



MANUFACTURING OPTICIAN & JEWELLER,

2417 St. Catherine St., MONTREAL