

conservative withal and leans rather to the medicinal than to the surgical side of his art and does not boast of his numerous operations. It is somewhat strange that the most distinguished gynecologists, such as Skene, Pozzi, and men of that class, should be most conservative regarding the use of the knife while the tyro is always anxious to operate."

Few women who reign over tables give sufficient thought to the relation of one food to another. Chance or custom, as a rule, decides what is served. For instance, acid in some form should always be eaten with greasy food. "Roast pork and apple sauce," as a rule, go together yet how few serve a side dish of fruit for bre^{ad} fast, when bacon or ham is the meat eaten? A hearty meal of bacon, eggs, fried potatoes, bread and butter and coffee with cream gives one man a headache all day long, while the man who ate the same thing, plus an apple, orange or a dish of tart preserves has a brain as clear as a bell. Why is this? Because acid is required to digest grease and the bacon, butter and cream, to say nothing of the lard on the potatoes, over taxed the acid-producing powers of the stomach. The result is a stomach full all day long of a greasy, swill-like fluid that would sicken the digestion of a sausage grinder, and from this a mind full of thoughts of suicide and politics.

MORAL.—With grease in any form always serve plenty of fruit in some shape, fresh, preserved or otherwise—Hospital Envoy.

HINTS.

Ammonium carb. has relieved the aching in filled teeth.

Bœnninghausen's remedy for bad effects of tobacco chewing was *Arsenicum*.

Thuja has removed polypi, accompanied by discharges and noises in the ears.

Blue urine, scanty and offensive, is a call for *Nitric acid*.

O'Connor found *Borax* a much indicated remedy in epilepsy.

The constipation and vertigo of those past middle life is often relieved by *Calcarea phos.*

Malignant carbuncles call for *Tarantula Cub.*

Apparent inability to thoroughly empty the bladder, with annoying urg-

ing, is bettered with *Causticum*.

Coughs that cease on lying down, but always begin on arising again, call for *Manganum met.*

Sticta pul. is the remedy for cough following measles.

Intermittent, clammy perspiration, *Cuprum ars.*

There are several cases on record of strabismus (squinting) cured with *Cyclamen 15*. Probably in this doubting age no one will believe in them, but it is worth the trial before cutting.

Constant watering of the eyes is a symptom of *Natrum mur 30th*.

Raw or rough, fissured finger tips is remedied by *Petroleum 30*.

Persistent pain in the eyeballs, *Cimicifuga racem.*

Buy a natural stone filter and you need no longer worry about the "water supply."—Homœopathic Envoy.

IN DEFENSE OF HOMŒOPATHY.

Listening to the adverse comments of Allopaths, I formerly looked upon Homœopathy as a sort of faith cure run upon a sugar foundation. But as the Homœopathic patients persisted in recovering, while the others so often died or lived to drag out a miserable existence on Quinine and Calomel, I concluded there might be something besides sugar in the much-derided "little pills" and "weak drops."

Having determined to investigate for myself, I called upon Dr. H. E. Griffith and asked for some work that would explain to me the principles of Homœopathy. He loaned me Hahnemann's "Organon," which I read from preface to appendix, foot-notes and all. Then I thought up a list of well-known remedies, the effects of which I knew in both large and small doses, to see if they proved Hahnemann's law of healing, and found they did. For instance, salt came into my mind as a remedy for nausea and also as an emetic; Quinine as a fever producer and a fever cure; Arsenic, which produces a skin trouble and is a skin remedy; Sulphur, which does the same; Castor Oil, which can be either purgative or laxative. I also remember having heard mothers remark upon the fact that their children had certain diseases until they "had a spell" of such a disease, and after recovery were never troubled with the old complaint again.

My reflections led me to the conclu-