

TO CURE HEADACHES.

SIMPLE REMEDIES THAT WILL BRING SPEEDY RELIEF TO SUFFERERS.

"A hot bath, a stroll in the fresh air, shampooing the head in weak soda water or a timely nap in a cool, quiet room will sometimes stop a nervous headache," writes Dr. F. F. Herrick in Ladies' Home Journal. "When over-fatigued from shopping or sightseeing, a sponge dipped in very hot water and pressed repeatedly over the back of the neck between the ears will be found exceedingly refreshing, especially if the face and temples are afterward subjected to the same treatment. Neuralgia is caused not only by cold air, but by acidity of the stomach, starved nerves, imperfect teeth or by indolence combined with a too generous diet. Heat is the best and quickest cure for this distressing pain. A hot flatiron, passed rapidly and deftly over several folds of flannel laid on the affected spot, will often give relief in less than ten minutes without the aid of medicine. Hot fomentations are of equal value, though when the skin is very tender it is more advisable to use dry heat, nothing being better for the purpose than bags of heated salt, flour or sand, which retain warmth for a long time. Cold water applied by the finger tips to the nerves in front of the ear, has been known to dispel neuralgia pains like magic. When caused by acidity, a dose of charcoal or soda will usually act as a corrective. Sick headache is accompanied by bilious symptoms, and attacks usually come on when the person is overtired or below par physically. This is a disease of the first half of life and often stops of its own accord after middle age. A careful diet is imperative in every case, sweetmeats and pastry being especially pernicious.

"Eating heartily when very tired, late dinners, eating irregularly, insufficient mastication or too much animal food, especially in the spring or during the hot weather, is a frequent cause of indigestion, causing headaches by reflex action."

HOSPITAL RECORD FOR OCTOBER.

In Hospital, Oct. 1.....	16
Admitted.....	13
Discharged.....	18
Died.....	0
In Hospital, Nov. 1st.....	11

WOMAN'S AUXILIARY, MONTREAL HOMOEOPATHIC HOSPITAL.

Treasurer's Report, for October, 1897.

Dr.		
To cash on hand, Oct. 1st .....	\$368 75	
" amount received from subscriptions .....	52 00	
" " " " patients.....	219 75	
" " " " dispensary.....	12 80	
" " " " nurses supplies .....	4 50	
" " " " part proceeds Housekeepers sale .....	359 05	
Total .....	\$1,016 85	
Cr.		
By amount paid for wages .....	\$ 69 09	
" " " " food supplies.....	182 85	
" " " " furnishings.....	26 99	
" " " " med. & surg.....	75 99	
" " " " repairs.....	25	
" " " " gas acc., Sept.....	21 96	
" " " " laundry, Mar. and April .....	127 27	
Total.....	\$501 31	
" cash on hand, Oct. 31st .....	512 54	
Total.....	\$1,016 85	

MARY VAN HORNE,  
Treas. W.A.M.H.H

SUBSCRIPTIONS RECEIVED.

The Woman's Auxiliary M. H. H. acknowledge with many thanks the following subscriptions received during October, collected by Miss Robertson: D. T. Pridham, Chicago, \$2, M. A. Pridham, 50c; Wm. Ross, \$1; Mrs. Monk, \$1; Mrs. James Hutchison, \$1; James Hutchison, \$1; W. W., \$1; A. R., \$1; Mrs. D. Somerville, \$1; Mrs. J. Robertson, Chicago, \$1; Charlie Robertson, Chicago, \$1; Mrs. E. Clarke, \$1; W. S., \$2; Mrs. J. A., \$1; Miss Hailey, Verdun, \$1; Mrs. T. L. Clarke, \$1; Miss Somerville, \$1; Mrs. Marshall, 25c.; Mrs. W. Leath, 50c.; Mrs. James Poustie, \$1; A. C. Seels, 25c.; H. Mullins, \$1; Mrs. J. A. T. Georgeville, 50c.; M. R., 50c. .... \$22 00  
James Baylis, Esq., annual sub... 10 00  
A. Friend, per Miss Baylis..... 5 00  
Donation to bread bill..... 8 25  
Mrs. W. Patton, aux. fee..... 2 00  
Mrs. A. Patton "..... 2 00  
Mrs. Elliott..... 2 00  
Donation box..... 75

Total .....

Total ..... \$52 00

HOSPITAL WANTS.

Flannel hot water bottle covers.  
Linen or cotton bags with a draw string to hang on patients beds for holding necessary small articles.

LET ALL GIVE THANKS.

Contributions towards Thanksgiving Dinner for nurses and patients will be gratefully received at the Hospital, in time for the Twenty-fifth of November.