

SCIENCE JOTTINGS.

DR. ANDREW WILSON IN ILLUSTRATED
LONDON NEWS.

My remarks on the difficulty of knowing what to do with one's arms in bed have elicited a few comments from readers of this column. One correspondent advocates crossing the arms over the chest as an easy and natural posture; but such a position of the arms, I take it, implies lying on one's back, and this is precisely a mode of repose which, in the case of many persons, is impossible, associated as it is with the discomfort of dreaming. The more one thinks of it the greater appears the probability that the arms have yet to be adjusted to the ordinary conditions of human repose—that is, if questions of comfort and adaptation have to be considered. One of my correspondents raises the question of “the proper side to sleep on.” I am afraid this latter point is strictly relative to the individual, but I fancy the majority of us incline to repose on the right side, possibly by reason of the general right-sided tendency which a human body illustrates in its ordinary waking life. Our right-sidedness means the greater activity of the left brain-hemisphere; in other words, we are left-brained and right-handed. It may well be that if there does exist, as I believe, a tendency towards repose on the right side in preference to the left, the left brain half may exercise its functions, here, as in other matters, determining the superiority of the right hand.

RAW BEEF.

Raw beef proves of great benefit to persons of frail constitution. It is chopped fine, seasoned with salt and heated by placing in a dish of hot water. It assimilates rapidly and affords the best nourishment.

HOMŒOPATHY OF TO-DAY.

Dr. Richard Hughes, in delivering a course of lectures at the London Homœopathic Hospital, said: “In the considerations which have now passed under our notice I think I have fairly set before you Homœopathy as it exists today nearly a century after the first promulgation of the method by its founder. That our school has an “extreme left,” rigidly exclusive and (I must add) highly exaggerative, I have admitted; and it possesses also an “extreme right,” the practice in which differs little from that of traditional medicine. But speaking for the simple “right” and “left,” with their corresponding “centres,” and allowing for the shades of difference these names represent, I believe that the conduct of the immense majority of the twelve thousand or more Homœopaths of the world is what I have now described. We are all hygienists; we give more or less place to surgery, hydrotherapy, electricity, gymnastics and massage; but when we come to drug action, save for an exceptional allopathic adjunct or antipathic palliative, our whole endeavour is to follow the rule *similia similibus*. We work it with both specific and individual similarities, when we can get them; but in default of either are content to lay hold of the other, and, where both fail, to fall back upon clinical experience, only requiring as the issue of each mode of discovery the dynamic, constitutional agent, operating directly, silently and in small dose, which we know as the homœopathic remedy.

HOSPITAL WANTS.

Old linen and cotton.
Empty vials.
Stone bottles with handles to substitute for rubber hot water bags.

ABBHEY'S EFFERVESCENT SALT.

A pleasant effervescing aperient, taking the place of nauseating mineral waters.
Recognized and prescribed by eminent members of the profession in Great Britain and Europe and Canada.