

## THE DIFFERENCE.

The *Medical News* says that a considerable part of domestic medicine is evidently of demoniacal origin—in more senses than one—few will care to deny. The striking prominence among "household remedies" of horribly bitter and nauseous "yarb teas," of cherry bark, of quassia, of asafetida, the recommendation of such remedies as roasted mouse eaten whole, snake broth, drinking urine, hot blood, etc., etc., the confidence imposed in violent purgatives and emetics, are obvious survivals of the magician's principle of administering nauseous messes of every description in the hope of disgusting and driving out the evil spirit that causes the disease. Their whole medicinal value lies in their offensiveness. Such common practices as the charming away of warts, wearing of iron rings, and the carrying of potatoes or chestnuts in the pocket to "draw out" rheumatism, are also of unmistakable character, and dozens of others might be mentioned.

But is all this any more "demoniacal" or silly than ramming mercury into a sick man until his teeth fall out and his bones rot, or filling him with quinine until his head swims and his hearing is lost, or injecting into him the virus of consumption, or of diphtheria diluted with horse serum, or of cholera, or hydrophobia, or "animal extracts?" If compelled to choose between the two we would take the harmless "yarb teas" as medicine in preference to disease virus. But the wise man takes neither. Homœopathy is good enough for him.

## TWELVE RULES FOR INSOMNIA.

ALL EASILY FOLLOWED.

1. Rise in good time in the morning.
2. Take moderate exercise (without fatigue), and be as much in the open air as possible during the day.
3. Avoid heavy meals, rich dishes, strong tea or coffee and alcoholic drinks, especially toward night.

4. Eat only plain, well-cooked food; a small proportion of meat, with abundance of vegetables, fruit (ripe or stewed), whole meal bread, etc., and drink water or lemonade (made from fresh fruit) at dinner.

5. Go to rest in good time, for over-tired nerves and eyes are a frequent cause of sleeplessness.

6. Have no light in the bedroom, which should be as quiet and dark as possible.

7. The bedroom must be well ventilated. This can easily be done by opening the top sash of the window an inch or more, so as to allow the escape of impure air, while fresh air enters between the two glasses at the center of the window. A light curtain over the window will prevent all draught to the sleeper.

8. The clothing should be entirely woolen; no heavy cotton coverlid, but an eiderdown quilt must be used, and the warmth must be sufficient, but on no account excessive, carefully regulating the amount of blankets according to the temperature.

9. No heavy meal must be taken within two hours of retiring, but a cup of warm milk, soup or light farinaceous food (with milk) should be drunk the last thing before going to sleep.

10. Where sleeplessness is chronic a thorough toweling (first with a wet towel, then with a dry one, using tepid or cold water) will set the action of the skin and the circulation right, and so relieve the overcharged blood vessels of the brain. A soft hot water bottle to the feet will sometimes have the same effect; the feet must not, on any account, be allowed to remain cold.

11. All exciting subjects should be avoided as much as possible.

12. Keep a clear conscience and don't worry, even though "nature's sweet restorer, balmy sleep," should refuse at first to be wooed, for it takes time, as well as patience, not only to eradicate a mischievous habit, but to form a good one.

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