

ACONITE.

"As an instance of the advantages of a study of *Materia Medica* by making provings on one's self, I will relate an experience of my own. Soon after entering upon the practice of medicine, twenty-seven years ago, one day I accidentally swallowed thirteen drops of the mother tincture of Aconite. It was not long before I began to have symptoms. They were many, and they were severe, and they were all characteristic. There was numbness of the tongue and the oral mucous membrane. There was a constant restlessness. I could not remain in one position an instant. Soon after taking the dose I was compelled to go to bed. There I passed a restless night. I ached all over the body. I turned from side to side and tossed about in the bed. I had a constant feeling of anxiety and apprehension, with a sort of smothered sensation. Occasionally I would draw a deep breath. I had what you all recognize as many of the pathogenetic symptoms of Aconite. There was, however, no rise in temperature; in fact, the skin was cool, though there was no perspiration."—Dr. Ch. Gatchell.

"There is a remedy that is useful in cholera infantum, and that is Aconite. I do not believe that the only indication for Aconite is fever. I prescribe it less in fever than in any other conditions; but there are cases of cholera infantum in which I cannot get along without the use of Aconite, and these are cases I can generally trace to cold, to the influence of cold in producing the disease, and in these cases I think Aconite acts beautifully."—Dr. A. P. Bowie.—*Homoeopathic Recorder*.

THE BANANA.

The banana, notwithstanding certain prejudices to the contrary, is among the most valuable and nutritious foods. Primitive man in tropical countries is said to have subsisted mainly upon this fruit, and the savage of the sea islands owes to it his physical power. The claim is made, and supported by reliable authority, that bananas contain all the essential elements of nutrition, and that if necessary life can be sustained by an exclusive diet of the banana.—Ex.

Medicines given by the rectum or vagina should be given in twice the dose as by the mouth.

A raw egg, taken immediately, will carry down a fish bone that cannot be got up from the throat.

A common remedy to "bring out" the eruption in measles is a strong tea made from the leaves of the common holly.

A NUTRITIVE LEMONADE FOR FEBRILE AND WASTING DISEASES.

In the case of a patient confined to liquid diet, milk, beef tea, whey, barley water and lemonade comprise about the entire bill of fare. Some of these preparations have little nutritive value, while the patient soon grows tired of milk. R. W. Leftwich, in Merck's Archives, therefore suggests a white-of-egg lemonade, which is best prepared in the following manner: Two lemons, the whites of two eggs, one pint of boiling water, loaf sugar to taste. The lemons must be peeled twice, the yellow rind being utilized, while the white layer is rejected. Place the sliced lemon and the yellow peel in a quart jug with two lumps of sugar. Pour on them the boiling water and stir occasionally. When cooled to about the ordinary temperature of tea, strain off the lemons. When the lemonade is in full agitation by whipping, add slowly the white of egg and continue the whipping for two or three minutes. While still warm, strain through muslin. Serve when cold. The white of egg imparts a blandness which makes the addition of sugar almost unnecessary, and this absence of sweetness is greatly appreciated by the feverish patients.

This lemonade is a most excellent drink throughout the course of typhoid fever. It would, however, probably be contraindicated in Bright's disease and in gastric ulcer.—*Medical Times*.

HOGAN'S NERVE.

"I hear Hogan is sick," said the barber.

"Yes, but he's better now," said the bailiff. "He went to a doctor, who looked him over and then wrote out a prescription.

"How much will that cost, doc?" asks Hogan.

"'About a dollar and a half,' says the doctor.

"Have you got that much to loan me, doc?" says Hogan.

"The doctor took the prescription back and crossed off all of the items except 'aqua pura.'

"You can get that for ten cents," he says, handing it back to Hogan; "and here's a dime."

"Don't I have to take those things you scratched off?" asks Hogan.

"No," says the doctor. "Those are nerve tonics. You don't need 'em."