

Prof. Potter in his "Materia Medica, Pharmacy and Therapeutics," Page 266, recommends the employment of *Dioscorea Villosa* in Cramps of Cholera Morbus, and Prof. Ellingwood in his text on "Materia Medica and Therapeutics," Page 336, also advises its employment.

Hayden's Viburnum Compound presents *Viburnum Opulus* and *Dioscorea Villosa* in their most refined and active state and when given in hot water, a pronounced effect will be observed when employed in Cramps of Cholera Morbus and in Muscular Cramps.

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#### THE DELICATE SCHOOL GIRL.

Even the most robust and generally healthy children show the deleterious results of the modern system of educational "forcing" that prevails in most of our larger cities. The child that starts the school year in excellent physical condition, after the freedom and fresh air of the summer vacation, in many instances, becomes nervous, fidgety, and more or less anæmic, as the term progresses, as the combined result of mental strain and physical confinement in overheated, poorly ventilated school rooms. How much more likely is such a result in the case of the delicate, high strung, sensitively organized, adolescent girl? It is certainly a great mistake to allow such a girl to continue under high mental pressure, at the expense of her physical health and well-being, and every available means should be resorted to to conserve the vitality and prevent a nervous breakdown. Regularity of meals, plenty of sleep, out-of-door exercise without fatigue, open windows at night and plenty of nutritious food, should all be supplied. Just as soon as an anæmic pallor is noticeable, it is a good plan to order Pepto-Morgan (Gude) for a week or two, or as long as necessary to bring about an improvement in the blood state, and a restoration of color to the skin and visible mucous membranes. This efficient hematinic is especially serviceable in such cases, because it does not in the least interfere with the digestion nor induce a constipated habit.

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#### NATIONAL FLUID EXTRACTS.

The National Drug and Chemical Company have been persistently advertising their Fluid Extracts, especially National Fluid Extract of Ergot. These products appear to be prepared on scientific lines; the advertisement in this issue is evidence of this fact. If *Ergot* is to be prescribed, a good Fluid Extract should be a good method of administering it.

We refer our readers to the advertisement in this issue on page xviii.