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# MONTREAL Homœopathic Record

DEVOTED TO THE INTERESTS OF HOMŒOPATHY AND OF THE MONTREAL  
HOMŒOPATHIC HOSPITAL.

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MONTREAL, FEBRUARY, 1904.

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## Montreal Homœopathic Record

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### PRICE.

The element of price enters into everything that we do, think, feel or have. The people who believe that something may be had for nothing, or for less than its real value, are the people who trust appearances who are duped and misled all through life. They are the suckers—people who have no understanding of values, and are consequently no judge of price.

Money is only one representative of price. It is often the cheapest way of paying for things. Money represents labor—somebody's labor. It may not be yours if you are a shirker. Every life is a cost to someone. If he or she prefers to exchange self-reliance, the opportunity for self-growth and development, for a life of vanity and ease, he or she may find the way to accomplish this by twining his or her life about that of some hardier, more self-reliant person, but the price is paid just the same, and in the final reckoning it is a dearer one than the trials and hardships of ordinary experience in the struggle of life.

Spiritual helplessness and adversity, mental bondage and darkness, are more terrible to face than questions of self-support and self-guidance, because the two latter problems become increasingly easy with experience and discipline, while despair, like a blank wall, faces the person morally weak and unused to responsibility.

Our virtues are our costliest possessions. It requires long years of right thinking and right doing to make a man courageous. It takes years of self-denial and self-sacrifice to make him honest. Honesty, courage, justice, are all forms of unselfishness. A man may inherit these qualities, but the price has been paid for them, just as the coin, which we tender in payment for our debts, was bought by the toil and sweat of the miner.

Nature exacts more from the man who inherits spiritual wealth than from his more animal brother. It is an un-failing law of nature that everything that is not fed and used shall atrophy and die. This is as true of human qualities as it is of the physical members or the fruit and foliage of the vegetable world.

The price demanded for any kind of possession, material, mental, moral or spiritual, is first effort, then responsibility. We struggle to acquire it, then we must use it wisely in order to hold it.

When men come to understand this question of price thoroughly, there will be little room in the world for vice or crime. Every feeling, every thought, every act has its price. Whether we enjoy or sorrow, something is sub-

tracted from our vitality. We can spend in reason, because our emotions like, our fluids, become stagnant and morbid without circulation, the bringing in of new elements and getting rid of old ones. Vice is excess—an exhausting of one's powers without a profitable return. Crime is misdirected effort—an interference with natural laws and penalties—an effort to get something without paying the natural price.

Crimes against life and property will become increasingly rare when all men realize that nothing, absolutely nothing, can be had or done without paying for it. The world has its price and Nature has hers. When these two disagree, it is always Nature's price which is paid in the long run.

A man may agree to let his son have a fine piece of farming land for a dollar. That is all the money which passes, but if the young man does not work it on correct principles, it will be sold for taxes by and by.

Your grocer may sell you a pound can of baking powder for thirty-five cents, which purports to be as good as the fifty-cent kind. It is not, and can not be. If you attempt to make it do, you simply pay the difference in a depreciated physical condition. Diminished working power and doctor's bills may further increase the cost. If some of our economies were traced to a final reckoning, we should be astonished at the usury they have compounded.

A man may commit a crime and succeed in dodging the officers of the law—himself he cannot escape. His mind is filled with alarms. Every face is that of a foe. Distrust and suspicion color his thoughts. His brain goes over and over the circumstances of his crime. He feels himself set apart from other men by its horrid consciousness. Even if he is never brought to justice, Nature exacts the price of his wrongdoing.

A day of suffering follows a night's folly. This suffering, disability, loss of time and reputation must be added to the gambling debt, cost of liquor and other incidentals.

Everything has its price. Always, under all circumstances, this price must be paid. It is better to have Nature in your debt than for you to be in hers. Acquaint yourself with values, learn her laws, and forestall some of her hard lessons.—Medical Brief.

EYE STRAIN AS A CAUSE OF CHOREA.

Albert E. Baker, in American Medicine, refers to the many children met with who wink incessantly, and for which the child is frequently punished. The winking is due to the error of refraction and the effort made in accommodation. The hyperopic child kept at school tasks finds his ciliary grip on his lens sliding back until the page becomes blurred. He then winks and increases his accommodation efforts and the letters again clear up. After reading a few words or lines the same blurring again occurs, and a renewed effort at concentration is made, and thus the habit of winking is acquired. Not infrequently, sooner or later, a spasmodic closure of the lid is added to the winking, and after a time the whole face participates in the act, accompanied by the peculiar grimaces and muscular movements characteristic of chorea. The author is thoroughly convinced that this is the genesis of many cases of chorea occurring in school children. It is possible these are not true choreas and should be called habit choreas; in any event they are met frequently and are not treated intelligently. The lesson he wishes to teach is this: Send the patient to the oculist first and not waste valuable time giving drugs. Give the spectacles first and follow up with your hygienic and medical measures if necessary. It does seem sometimes that the profession as a whole are very obtuse in adopting new ideas and new methods. Migraine, that typical eye headache which can almost always be cured with spectacles, is still doped, purged, and dieted, world without end, forever, until the patient takes the matter into his own hands and consults an oculist. So, too, in chorea, patients are beginning to go directly to the oculist, and not unfrequently against the advice of the family physician. The general practitioner labors under disadvantages in these cases, and, no doubt, suffers in reputation and in pocket therefrom. The remedy for this condition lies in all the profession preparing themselves to fit spectacles, and especially those who have to do with the treatment of children. The practitioner who thinks that because a child sees perfectly the eyes are not at fault makes a serious mistake. Often those who see the best suffer the most from eyestrain. It is not how much, but how we see that causes trouble. The interdependence between accommodation and convergence is a most prolific source of nervous trouble in children, as well as in older people.—Med. Times.

THE ERUPTIVE FEVERS.

DISEASE—SCARLET FEVER (SCAR-LATINA.)

Period of Incubation.—Four to seven days, or shorter.

Mode of Onset.—Sudden; very often at night; sore throat; vomiting; convulsions in severe cases; high fever.

Eruption Appears.—At the end of the first or during the course of the second day.

Eruption Fades.—In three to five days disappearing first where it first appears.

Danger of Contagion.—So long as desquamation continues, or a purulent discharge from the ear or an abscess keeps up; indefinitely in clothing, toys, books, etc., which have not been disinfected.

DISEASE—MEASLES (MORBILLI RUBEOLA.)

Period of Incubation.—Eight to ten days.

Mode of Onset.—Rather sudden; catarrhal symptoms; moderate fever.

Eruption Appears.—Fourth day; less commonly on the third or fifth.

Eruption Fades.—In about four days.

Danger of Contagion.—So long as the fine, branny, desquamation lasts.

DISEASE—ROTHELN.

(Rubella, German or French Measles.)

Period of Incubation.—Two or three weeks.

Mode of Onset.—Gradual, fever slight and transient, sometimes absent.

Eruption Appears.—The eruption usually the first symptom.

Eruption Fades.—Irregularly; in about four to six days, without desquamation.

Danger of Contagion.—The duration of the liability to communicate the disease is not known.

DISEASE—SMALLPOX (Variola).

Period of Incubation.—Ten to fourteen days.

Mode of Onset.—Sudden; chill; high fever; headache; pain in loins, etc.

Eruption Appears.—On the third or fourth day; typical evolution, about the sixth day or the ninth of the disease characteristic pustules fully formed.

Eruption Fades.—Desiccation at end of second week, crusts slowly separate, leaving marked and enduring cicatrices.

Danger of Contagion.—So long as crusts reform; indefinitely in fomites, etc.

DISEASE—VARIOLOID (MODIFIED SMALLPOX).

Period of Incubation.—Ten to fourteen days.

Mode of Onset.—Sudden; chill, high fever; headache; pain in loins, etc.

Eruption Appears.—On the third or fourth day; typical evolution about the sixth day or the ninth of the disease characteristic pustules fully formed.

Eruption Fades.—Pocks do not go on to suppuration, but begin to dry up from the vesicular stage, i. e., the sixth or eighth day of the disease.

Danger of Contagion.—So long as crusts reform; indefinitely in fomites, etc.

DISEASE — CHICKEN-POX (VARICELLA).

Period of Incubation.—About two weeks.

Mode of Onset.—Sudden.

Eruption Appears.—At once, and often in successive crops.

Eruption Fades.—In a few days, desiccating, as a rule, without suppuration.

Danger of Contagion.—Duration of danger of contagion ends with the shedding of the dried crusts.

A SERMON ON EATING.

(By Ella Wheeler Wilcox.)

If you are suffering from physical ills ask yourself if it is not your own fault.

There is scarcely one person in one hundred who does not overeat or drink.

I know an entire family who complain of gastric troubles, yet who keep the coffee pot continually on the range and drink large quantities of that beverage at least twice a day.

No one can be well who does that. Almost every human ailment can be traced to foolish diet.

Eat only two meals in twenty-four hours. If you are not engaged in active physical labor, make it one meal.

You will thrive upon it, and you will not miss the other two meals after the first week.

And your ailments will gradually disappear.

Meantime, if you are self-supporting, your bank account will increase.

Think of the waste of money which goes into indigestible food! It is appalling when you consider it. Heaven speed the time when men and women find out how little money it requires to sustain the body in good health and keep the brain clear and the eye bright.

The heavy drinker is to-day looked upon with pity and scorn. The time will come when the heavy eater will be similarly regarded.

Once find the delight of a simple diet, the benefit to the body and mind and purse, and life will assume new interest, and toil will be robbed of its drudgery, for it will cease to be a mere matter of toiling for a bare existence.—Chicago American.

## DISTURBED SLEEP.

(By Dr. Mossa.)

**Apis.**—The child is drowsy, sleeps a good deal, or it is sleepy, but still cannot go to sleep. At the same time the child is busy, restless, sensitive, very irritable; there is general nervous irritability.

**Belladonna.**—The child cannot go to sleep on account of congestion or inflammation of the brain. Hyperemia produces a drowsy state, but the child is so exhausted that he cannot get to sleep.

**Lycopodium.**—The child awakes peevish and irritable, it pushes back the coverlet, and strikes at those around it. (Cuprum, Bellad., Stramon. and Zinnum have awaking from sleep with terror).

**Cocculus.**—Sleeplessness from merely mental activity, while the least diminution of sleep morbidly affects the patient.

**Pulsatilla 30.**—Sleep restless, with frequent waking, and disagreeable dreams. When awaking the child is preoccupied and peevish.

**Nux Vom.**—The patient is drowsy in the evening (the Pulsatilla patient is in the evening wide awake and full of ideas). He awakes at 3-4 o'clock in the morning with a sensation of having been strengthened. He then falls asleep again and awakes at the usual time with a sensation much worse than before.

**Sulphur.**—The least noise awakens the child at night; it has a cat-nap; is very bright on waking up and cannot go to sleep again.

**Selen.**—The child has cat-naps. It often wakes up at night, or is waked up by the least disturbance. But it regularly wakes up every morning at a certain time, when its chief ailments are aggravated.

**Coffea.**—Sleeplessness from excessive excitement of the mind and body. Very bright in the evening till midnight. The sleep at night is restless with rolling about. Frequent awakenings, lively dreams. The patient wakes up at night without any desire for further sleep.

**Cypripedium** for children who wake up from their sleep at night, are unnaturally bright and merry, and have not the least desire for going to sleep again. There is in such a case an excitement of the brain which may lead to a morbid affection of this organ.

**Chamomilla.**—The child is stubborn and irritable. Starts up from his sleep in terror. The muscles of the face and hands are twitching. There are abdominal disturbances, colic; the face is

red, especially the cheeks; the head is covered with a warm perspiration.

**Digitals.**—The sleep is unrefreshing, restless, full of dreams; the patient dreams of falling down from a great height, and wakes up with a sensation of anguish and of torment. There is an affection of the heart, unequal apportionment of the blood, troubled forebodings.

**Hyoscyamus.**—Sleeplessness of children when they twitch in their sleep, scream and tremble and wake up in terror. He woke up hungry from his sleep; the face is usually of a deep redness.

**Stramonium.**—The child wakes up from sleep with a scream. It sings and laughs without any reason.

**Kali bromatum.**—Nocturnal terror of children while asleep, owing to excessive irritation of the brain (a reflex from dentition, worms or cerebral affections). The child screams while asleep, complains of seeing goblins, ghosts, etc. (when threatened with meningitis). The patient cannot sleep owing to his nervousness. He feels better when occupied, even while playing with his fingers.

**Lachesis.**—The patient falls into an aggravation by sleeping; he feels worse after sleeping.

**Phosphoric acid.**—Although very weak, the patient is strengthened by a very brief sleep.

**Calcarea carb.**—Sleeplessness in neurasthenia. Lying awake for a long time with a pressure of thoughts. When closing the eyes he sees dreadful monsters (as in delirium tremens). Rushes of blood, palpitations of the heart. Startled by every noise, twitching; he is beside himself for fear.

**Sepia.**—Late in getting to sleep in the evening, because of being wide awake. Sleeplessness, an active rush of thoughts. Frequent waking up. Many dreams with loud talking in sleep. Dreams are terrifying or voluptuous.

**Ferrum phosphoricum** in its higher potencies is useful in sleeplessness from a hyperemic state of the brain.

**Gelsemium.**—The patient lies as in a heavy stupor. He is nearly asleep, but cannot sleep owing to the exhaustion of his nervous system.—Hom. Envoy.



2417 St. Catherine St., MONTREAL

### PHILLIPS' TRAINING SCHOOL NOTES.

Miss Warner, "'02," was called to Williamstown, Ont., for a typhoid case.

Nurse Fleet was successfully operated on for appendicitis last month, and is now nearly well.

Nurse Brown is expected back from her three months' sick leave about the middle of this month.

On the first of this month the nursing staff was five short, owing to illness, absence on duty, and sick leave among the nurses.

Nurse Macdonald, who has been off duty, being laid up with a severe attack of rheumatism, is again at work.

Nurse MacLeay has been sent home on sick leave after a serious attack of rheumatism.

It is to be hoped that the better quarters in the new nurses' home will materially reduce the sick list among our nurses. For the past winter months there have been one, two, or three constantly off duty owing to illness, such as tonsillitis, grippe, etc.

It has recently been asserted by a scientist that examinations of the eyes indoors is no test of their actual capacity, and that all examinations of the eyes of school children should be made in the open air, as otherwise there can be no true standards. He states that the superior visual acuity of Indians and other savages is due to the necessity of concentrating their attention on objects on which their food and safety depend, and proves his assertions by statistics—many new and personal—which demonstrate that the out-of-door eyesight of civilized peoples averages as high as that of the uncivilized. He concludes that any one can make his eyesight equal to that of a savage by concentrating his attention sufficiently. He adds a plea for more out-of-door life for children, even at the expense of their studies.

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### GOVERNORS' MEETING.

A special meeting of the Board of Governors was held Jan. 21 to consider the purchase of new and better quarters for our nurses.

Among those present were:—Mrs. J. T. Hagar, Mrs. C. T. Williams, Mrs. W. F. Brown, Miss A. P. Moodie, Miss M. Robertson, Messrs. Samuel Bell, J. W. Hughes, George Durnford, Jas. Morgan, E. G. O'Connor, S. M. Baylis, J. T. Hagar, T. J. Dawson, Drs. A. R. Griffith, E. M. Morgan and A. D. Patton.

In the absence of President Fisher, through illness, the chair was occupied by Mr. E. G. O'Connor, vice-president, and Mr. T. J. Dawson acted as secretary. After reading the call for the meeting and the request therefor, signed by five governors, a communication from the hospital management was read, asking the consent of the Governors to the purchase of the houses Nos. 48 and 50 McGill College Avenue, adjoining the present Maternity Annex.

The options and plans relating to this property were read and explained, and after due deliberation the meeting sanctioned the proposal and directed the purchase at the price \$10,500.00 and terms agreed upon. Messrs. E. G. O'Connor, S. M. Baylis and E. M. Morgan were appointed trustees, to arrange all details and assume the title to the property on behalf of the hospital, thus making the new Nurses' Home an assured fact.

Much interest was shown in the question, and opinions offered as to the excellent bargain the hospital had made, with favorable comment on the favor and generosity of the vendor, Mr. Maltby. One of the governors present offered to make one of ten to contribute \$250 toward the purchase fund, which offer was immediately duplicated by another governor.

The chairman referred to the death of Miss Van Horne, one of the governors, and a resolution of sympathy was passed and ordered to be sent to the family.

The question of publication of the Annual Report was brought up, and it was deemed best to proceed with the issuing of it without further waiting for the auditing thereof. As the time for its appearance was due, it was thought that an audit after printing would be sufficient. The special business being completed the meeting adjourned, after which an informal talk over hospital prospects was held and some of the governors took the opportunity of looking over the hospital.

## HOSPITAL NOTES.

REMEMBER the Nurses' Home Fund.

THE PUBLIC WARDS have been kept well filled this year.

WE WANT to make a cash payment of at least \$2,500 on our Nurses' Home by May 1st.

IF YOU cannot give \$250, why not try to get nine of your friends to give \$25, or twenty-four of them to give \$10, and call it the "Anniversary Donation."

THE NUMBER of public patients cared for so far this hospital year is greater than that for the like period last year.

WORK has been begun on the provision for fire escape, as advised by the sub-committee in their report; new fire buckets have been placed, and means of egress furnished to the roof.

THE LENTEN season should be the time of resolutions of self-denial and good works. There is no work that would return more to your advantage and satisfaction than that of helping the hospital.

THE IDEA of giving dime savings banks in connection with the Nurses' Home Fund is a good one, and might be profitably made use of among our friends. Ten cents is easily spared, and is lightly reckoned, but fifty of them goes quite a way in helping to keep public patients.

IN THE EFFORT to make up the necessary ten subscriptions of \$250 each, a list has been opened for doctors and nurses, who hope to raise the required amount, with the help of their friends. We would recommend this fund to your attention, as everything is acceptable, from ten cents up. Here is a chance for your dollar.

THE REGULAR monthly meeting of the Committee of Management was held Jan. 21st. Owing to the importance of the business under discussion, the attendance was very large. After reading of minutes of last regular and special meetings, the question of the Nurses' Home was brought up. The sub-committee reported satisfactory arrangements made with Mr. Maltby, proprietor of the property adjoining the hospital. After discussion and explanation of the options secured, the report was adopted. A report was made to the Board of Governors advising the purchase of Nos. 48 and 50 McGill College avenue for the sum of \$10,500.

The question of fire escapes was taken up, and work on the preliminary steps ordered to be taken at once. Stairs will be constructed from the roof of the main building to that of the Maternity Annex, and an exit furnished to the roof; also tinned doors put in to cut off communication between the different buildings. Fire buckets have been procured and placed where they will be most serviceable.

A communication was read from the Woman's Auxilliary in reference to its members being constituted members of the Homœopathic Association. It was ordered to be sent to the secretary of the association, with the endorsement of the committee, and requesting a reply stating reasons for the non-recognition of the auxilliary.

The Lady Superintendent's report showed a busy state of affairs in hospital work, and the keeping up of the numbers in public patients. Three of the nurses were laid up with sickness, one having been operated on for appendicitis, was making good progress towards recovery. One was absent on three months' sick leave, and two graduates were on special duty in the hospital.

The housekeeper's staff and department was reported as working harmoniously and efficiently. The usual requisition list was presented and passed, after which the meeting adjourned. The next regular meeting of the committee will be held on Monday, Feb. 22nd, at 5 p.m.

In the case of foreign bodies in the air passages, the voice is not altered if the body has entered the trachea, whereas it is very distinctly modified if it lies within the larynx. among women, and has come to the conclusion that if women are admitted into competition with men the inevitable result will be a tremendous increase of insanity among the women. He finds that the percentage of women teachers who become insane is almost double that of the men teachers. Inquiries were also made about women employed as telegraphers, sales clerks, and in the telephone service, and, furthermore, with regard to women engaged in the Swiss watchmaking trade. These inquiries showed that in the occupations mentioned a far larger proportion of women than men succumb to mental disorders.

Balzer practices friction of the bald part daily with a 30 per cent. solution of lactic acid until the skin becomes inflamed. Then the treatment is suspended for a few days, and resumed when the inflammation has subsided. He reports that he has often observed a new growth of hair in the course of three or four weeks.—Medical Times.

DONATIONS IN JANUARY.

The Lady Superintendent acknowledges with thanks the following:

- Mrs. W. Hagar—Magazines, etc.
- No name—Magazines, etc.
- Dominion Oil Cloth Co.—3 rolls oil-cloth.
- The Thos. Davidson Co.—1 doz. fire buckets.
- S. M. Baylis, Esq.—1 doz. dime savings banks.
- F. E. Phelan, Esq.—1-2 doz. dime savings banks.
- Mrs. S. C. Matthews—6 night robes.
- Mrs. Jas. Baylis—4 tray covers.
- Mrs. A. H. Thomson—3 jars preserves.

Woman's Auxiliary — 8 enameled bowls, 1 large pot, 4 basins, 4 jelly moulds, 6 sink brushes, 2 pails, 3 coal hods, 2 can openers, 1 clothes boiler, 3 saucepans, 2 doz. cups, saucers and small plates, 2 doz. butter patties, 1 doz. heavy egg cups, 3 lemon extractors, 1 large teapot, 6 individual teapots, 3 doz. tumblers, 2 doz. preserve dishes, 1 doz. plates, 1 meat mincer, 6 sink strainers, 1 fish slice, 1 washboard, 1 doz. toast mats, 1 feather duster, 2 long-brooms, 1 clothes basket, 1 piece sheeting, 1 piece unbleached cotton, 2 doz. dishcloths, 1 doz. traycloths, 1 piece white-cotton, 1 doz. cream jugs, 1 doz. sugar bowls, 3 lemon squeezers, 1 ice cream freezer, 6 garbage tins, 12 wire strainers, 1 doz. egg cups, 1 doz. porridge bowls, 1 egg-beater.

SUBSCRIPTIONS AND CASH DONATIONS IN JANUARY.

The hospital treasurer acknowledges with thanks the following:

Mrs. Hector Mackenzie.....	\$ 25.00
Mrs. C. J. Ames.....	25.00
Homoeopathic Association (Government grant).....	100.00
Mrs. Jas. Williamson.....	10.00
Boys' Home, per J. R. Dick, Esq. ....	10.00
Mrs. Onlin .....	2.00
Mrs. W. Hall.....	2.00
Jas. Morgan, Esq., Nurses' Home Fund.....	50.00
J. T. Hagar, Esq., Nurses' Home Fund.....	50.00
C. Clinie, Esq., Nurses' Home Fund .....	5.00
Mrs. M. J. Fisher, Nurses' Home Fund .....	5.00
Miss E. Trench, Nurses' Home Fund .....	4.00
	\$288.00

Mortality is two and a half times greater in the tropics than it is throughout Europe.

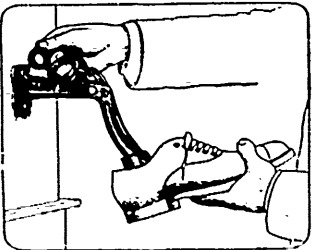
HOSPITAL REPORT FOR JANUARY.

Number of patients in the hospital	
Jan. 1.....	19
Admitted—	
Private patients.....	18
Semi-private patients.....	11
Public patients.....	6
Maternity .....	0
	38
Discharged—	
Private patients.....	16
Semi-private patients.....	7
Public patients.....	5
Maternity .....	0
	28
Died .....	1
Operations .....	9
Number of days of private nursing outside .....	14
Number of days of private nursing in hospital .....	0
Remaining in hospital, Feb. 1.....	29
Viz:	
Private patients.....	9
Semi-private patients.....	11
Public patients.....	9
Maternity .....	0
	29

A chair of colonial medicine has been established in the University of Bordeaux, France, and Marseilles has been made the seat of a military school of colonial medicine.

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## A NUX-VOMICA CASE.

(By R. C. Das, Hom. Pract., Calcutta  
Indla.)

My Plicric acid case being published in your issue of September last, I venture to send you another case for publication. It seems more important to me, as the patient himself is an allopath.

Mr. G. N. Das, then Assistant Surgeon, S—, was suffering from Invertebrate (the term being his own) dyspepsia for eight months. Formerly he had been in the habit of taking milk and butter in abundance, the other articles of food being not readily available at his station, but his illness caused milk to disagree. He had occasional attacks of abdominal pain, causing him to lie down for several hours, even sometimes a day or more. The bowels are habitually constipated. He was afraid of taking a liberal diet, which caused flatulence and pain. Finding no relief from eight months' trial of his self-administered (allopathic) medicines, he came to me on Sept. 13; I prescribed Nux Vom. 30. That very day he had the last attack of pain. The medicine was continued once a week and he is taking milk and other articles of food now without discomfort.—Hom. Recorder.

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