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MONTREAL Homœopathic Record

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

Vol. II. No. 10.

MONTREAL, OCTOBER, 1897.

25cts. A YEAR.

Montreal Homœopathic Record

— PUBLISHED MONTHLY —

By the Woman's Auxiliary of the Montreal
Homœopathic Hospital.

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tions to be sent to the Business Manager, care Sterling
Publishing Co., 37 St. Gabriel St.

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the Editor Record, care Sterling Publishing Co., 37
St. Gabriel St.

BIRTH DAY UNION.

Here is an admirable plan to interest children in hospital work. The Hospital at Rochester has instituted a "Birthday Union." The plan is for the children to mark their birthdays by a contribution in aid of the support of the children's ward. The gifts may be large or small, and so far this year they have aggregated in the Rochester Hospital nearly \$70.00. The *Leaflet* says of it:—

Those who have never celebrated these anniversary days by a gift to make others happy, do not yet know what pleasant thoughts an offering to our Birthday Union will bring. Keep the Birthday Union in mind, and do not let any birthday pass without sending a gift, large or small.

ENDOWMENTS.

The Massachusetts Homœopathic Hospital receives, from a recent bequest, \$700,000. The Hospital already has a large endowment.

By the will of the late Wm. R. Murphy the Pittsburg Homœopathic Hospital receives \$4,921.04. With this addition the Hospital's endowment passes the one hundred thousand dollar mark.

THREE YEARS FOR NURSES.

The advisability of adding a third year to the time necessary for the training of young women as nurses has been under contemplation for some time by the Training School Board of the Rochester Homœopathic Hospital. It was decided at their meeting in September to make this change, and, beginning with the present month, three years' study will be required. The "Leaflet" approves the change and says with truth that to have a longer time for preparation will be a very positive advantage to the pupils. It will enable them to have more thorough and extended instruction, to be better qualified for their vocation, and later command for them positions that they can occupy with greater satisfaction.

X-RAYS GOOD WORK.

The practical value of the X-rays has been established. As the novelty of the thing wears off its application to medicine and surgery becomes more apparent. Not long ago a needle was located which had been imbedded in the flesh for eleven years. Recently an offending needle was discovered and removed from a young woman's foot who had been treated for rheumatism for two years. The "rheumatism" was immediately cured.

SUBSCRIBERS NAMES WANTED.

Will the lady or gentleman who left four names of subscribers to the RECORD, with \$1.00 for their payment, at Mrs. Sutherland Taylor's, 79 Shuter Street, in July last, please send the names again, as the list has been mislaid.

HIVES—URTICARIA.

ITS CAUSES AND TREATMENT.

One of the very common diseases of childhood, and one that occasions much suffering to the child, is nettle-rash, or Urticaria, or, more commonly, Hives. This disease is of an acute inflammatory nature, characterized by the sudden development of whitish, pinkish, reddish elevations or wheals. They come out suddenly and remain a variable period—from a few minutes to a few hours. There is intense itching and burning. The eruption varies in size and general appearance. Sometimes the spots are no larger than a pea, while again great wheals may be seen. The spots are white or red, or may contain a watery exudation. Rubbing the skin vigorously will help the rash to appear.

Hives are most commonly associated with some gastric disorder, especially from particular kinds of food that disagree with the individual system. Strawberries are the cause in some children, while in others rich food and pastries are exciting causes. Occasionally there is a nervous affection causing the disease. The sudden changes of weather may also produce this annoying rash.

In some cases gastric derangement will be first noticed. Even acute nausea and vomiting, with pain in the region of the liver, may exist prior to the development of the eruption. A sensation of smarting and burning, at some particular spot, may be the first indication of trouble. The wheals burn, bite, sting and itch acutely. Urticaria is a simple ailment except in young babies. In poorly nourished children, those feeble at birth and who are subject to constitutional diseases, Hives may possess more or less danger. Suppression of the Hives in young children may result in acute bronchitis or pneumonia.

The treatment of Urticaria is simple. Investigate the diet. Certain articles of food may cause the rash in children,

just as in some adults the disease occurs from eating strawberries, oysters, lobsters or certain other articles of diet. The diet should be of milk at first, and experiments can be made as to other foods agreeable to the patient. Local medication is necessary only when the itching and burning is very severe. Then a soda bath, a salt bath, or a weak dilution of the selected internal remedy may prove beneficial in allaying the irritation.

Homœopathic remedies have long been recognized as of great value in the treatment of this disease. In some cases only a very close study of the little patient and the symptoms presented will enable the physician to find the indicated remedy.

Pulsatilla will meet cases where the Hives are of gastric origin, with nausea and vomiting.

Antimonium Crudum is a useful remedy when the use of acids have irritated the stomach. Heat will aggravate the eruption and the child is intensely irritable and wants to be let alone.

Nux Vomica will relieve cases caused by rich foods, with the wheals appearing over the region of the stomach and liver. A drowsy, sleepy condition exists and there may be some jaundice.

Urtica Urens is the remedy needed when there is intense, fiery itching of the skin. The face becomes blotched and swollen.

Dulcamara is useful in cold, damp weather. When the rash disappears violent attacks of coughing may result. The child is blue and cold.

Other useful remedies are: Arsenicum, Calcarea Carb, Rhus tox, Sepia, Apis, and Sulphur.

A. R. GRIFFITH, M. D.

Remember the October sale at Beaman's Hall, 2269 St. Catherine Street, on Friday, 29th of October, afternoon and evening. The magician will be there, so will the jam.

"Ask only the well about their health."

HINTS.

Diarrhoea with a never-get-done feeling calls for *Mercurius*, and if this fails then *Sulphur*.

"*Sulphur* has a most violent cough, a racking cough that racks the whole frame, it seems that the head will fly off, pain in the whole head when coughing, the head is jarred by the cough."—*Dr. J. T. Kent*.

For simple diarrhoea with no marked symptoms *Chininum ars. 6th* is an excellent remedy, especially useful in summer and fall.

Some persons have difficulty in hearing the human voice, but can hear other sounds without much difficulty; for such cases *Arsenicum 6* is a good remedy.

To cut convulsions or spasms short in baby or a dull turn patient on *left* side.

Many persons are troubled with boils and eruptions, the result of a vitiated blood; *Echinacea 1*, or drop doses of the mother tincture, will often work wonders in such cases.

A swallow of good glycerine or pure olive oil will often act well in coughs that resist medical treatment.

For any hot swelling, boil or carbuncle, *Ferrum phos.* is a good remedy if given early.

Magnesia phos. is the "tissue remedy" for "paralysis agitans, involuntary shaking and trembling of hands and limbs or of the head."

Natrum phos. for weakness from the knees down. Legs give away.—*Farrington*.

Ferrum phos. is a good remedy for rheumatic pains, *Kali phos.* for general lameness and stiffness, as when arising, etc.

Acidum succinicum crud., 3x trituration, has been very successfully employed in the alleviation or cure of hay fever.

Rheumatism, where the pain does not permit the limbs the least rest, is often cured by *Rhus-toxodendron*. In *Rhus-tox* rheumatism a change of position gives temporary relief.

For offensive sweat of feet and arm pits *Patrolum* is often efficacious.

Fatulent dyspepsia, everything turns to wind, *Nux moschata 30*.

Nux vomica will cure most cases of hicough.

WOMAN'S AUXILIARY, MONTREAL HOMŒOPATHIC HOSPITAL.

Treasurer's Report, for July, August and September, 1897.

Dr.	
To cash on hand, July 1st	\$160 14
" amount received from subscriptions	101 25
" " " " patients	476 50
" " " " dispensary	5 21
" " " " nurses supplies	1 21
Total	\$744 31
Cr.	
By amount paid for wages	\$299 00
" " " " vegetables	15 00
" " " " furnishings	62
" " " " gas	52 01
" " " " water tax	\$ 75
" " " " exchange on cheque	15
Total	\$375 56
" cash on hand, Oct. 1st	368 75
	\$744 31

MARY VAN HORSE,
Treas. W.A.M.H.H.

SUBSCRIPTIONS RECEIVED.

The Woman's Auxiliary acknowledge with many thanks the following subscriptions received during July, August and September:

Mr. and Mrs. J. A. Mathewson, jr	\$50.00
Mrs. Donald W. Ross, - - -	10.00
Mrs. Roswell Fisher, - - -	10.00
Mrs. A. O. Granger, - - -	10.00
Mr. John Duncan, - - -	5.00
Mr. Hadley, - - -	2.50
Anonymous, Col. Am. Pres. Church	1.00
Contribution to Bread Bill - -	12.75
	\$101.25

PLEASURE WITH AN EYE TO BUSINESS.

Here is a novel method adopted by the ladies of the Rochester Homœopathic Hospital. This notice appears in the "Hospital Leaflet:"—

"Mrs. W. A. Sutherland, 2 Arnold Park, will be happy to see all the ladies interested in the Hospital, and their friends, Thursday afternoon, October 14th, from four to six o'clock."

This reception is given in behalf of the Ladies' Aid Association, and the guests are invited to bring a gift of money, enclosed in an envelope, and celebrate the occasion as a birthday party.

HOSPITAL WANTS.

Old linen, vials for the dispensary, bags with draw-string for hanging on beds, will be very acceptable.

OCTOBER SALE.

The great preparations which have been going on during the summer for the Housekeepers' Sale are to culminate on Friday, 29th of October, at Beaman's Hall, 2269 St. Catherine Street, both afternoon and evening. Quantities of jams, preserves, pear and orange marmalades, home-made cake and candy, aprons, bags, and a thousand and one useful household articles have been promised and will be there for disposal.

The ladies taking part will be :

Tea table, Mrs. G. Sumner.

Cake table, Mrs. C. H. Binks.

Preserves and jams, Mrs. (Dr.) A. R. Griffith.

Aprons and bags, Mrs. Sheffield and Miss Baylis.

There will be an entertainment also in which a magician of world-wide experience will give exhibitions of his skill, and other amusements will be provided. One thousand admission tickets at ten cents each have been prepared, and any persons wishing to get some to sell, or otherwise dispose of, may procure them from Mrs. J. T. Hagar, 376 Mountain St., or Mrs. E. Von Rappard, 24 Shuter Street. The children will be interested in this amusement side of the sale.

Ladies who have not yet prepared their donations should lose no time in doing so. The Housekeepers' Sale will present an admirable opportunity to those ladies who have put up a surplus of good things to dispose of them, and an equally good opportunity to those who did not to now supply themselves. Then there will be the charm of exchanging and having a variety of kinds and flavors in the winter store.

HOMŒOPATHY OR ANTI-TOXIN.

In the June number of *The Medical Counselor*, published at Detroit, Mich., the editor, Dr. Knight, says that some time ago he sent a number of circulars to homœopathic physicians, in various parts of the United States, with a view of obtaining the results of homœopathic treatment in that dreaded disease, diphtheria. In 1,050 cases reported so far there were 76 deaths, thus showing a death-rate of 7.38 per cent., which is probably about the average under homœopathic treatment. The *Pediatrics* for May prints the results in 1,972 cases treated in the South Department of the Boston City Hospital, after being bacteriologically diagnosed as diphtheria, and treated with anti-toxin, and there the death rate was 13.4.

DONATIONS DURING JUNE.

Parcel of groceries, kettles, lace curtains and brass rods, jelly, butter dishes, egg cups and doileys and serviettes, Mrs. W. E. Phillips; flowers, three donations, Montreal Flower Mission; flowers, three donations, Mrs. Sheffield; flowers, Gardeners' & Florests' Club; flowers, Miss Marie Robertson; magazines and vials, Mrs. Smith, Mrs. Thornton; flowers, Westmount C. T. U., four donations, also lot of magazines; saucepan and asbestos mats, Mrs. Fuhrer; fruit for nurses, Mrs. McLewan and other patients; flowers for patients, a friend; cake, a friend; vials, Mrs. Childs; three aluminum saucepans for private patients, Mrs. Barr; flowers, Mr. Girdwood; ice cream and cake for nurses, Mrs. A. R. Griffith; eight pots of jam, Mrs. Renaud; 20 lbs. rice, 10 lbs. sago, 2 bags flour, knife grinder, white enamel and brush, also \$2.00 towards general expenses, Miss Moodie; 2 large jars jam, Mrs. Willett, Chambly; eggs and cheese for nurses, from a patient; vials, Mrs. Sumner; grapes, from a patient; vials, Mrs. Sutherland Taylor; tea kettle and strainer, Mrs. Von Rappard.

GOD'S IMMUTABLE LAW.

The following is from a letter by Dr. W. L. Reed, of St. Louis, Mo., published in *The Big Four* a monthly homœopathic journal:—

"I was born April 5, 1837, in Washington County, Pa. Father moved to Monroe County, Ohio, in 1838, where I grew up to manhood, earning my living by the sweat of my brow. After I was twelve years old I earned my own living and paid for my own education. Graduated in medicine at Detroit Medical College, Michigan. Took a post-graduate course at the Rush Medical College, Chicago, Ill. Have been actively engaged in the practice of medicine for thirty-six years. Twenty-two years of this time I was plying the practice of medicine from an allopathic standpoint, vainly groping about in the dark in quest of light. I miraculously emerged from the confines of this Egyptian darkness when I embraced the principles of true Homœopathy. I have been in this goodly land for fourteen years, and nothing would induce me to retrace my steps. Would not give one month of my experience as a homœopathic physician for all my past life as an allopath. I now have a law that is infallible to guide me. I may not be able to apply the law in all cases, but that is not the fault of the law. It is God's immutable law.

HOSPITAL RECORD FOR SEP-
TEMBER.

In Hospital Sept. 1st,	-	-	-	15
Admitted "	-	-	-	21
Discharged "	-	-	-	19
Died,	-	-	-	1
In Hospital Oct. 1st,	-	-	-	16

MOVE YOUR EYES IF YOU CAN.

A curious and slightly known fact is that it is impossible to move the eye while looking at its reflection in the mirror. The eye is the most movable part of the face, yet if you try to look at it and move it the thousandth part of an inch you will be balked in your purpose. The moment you endeavor to perceive the motion of the eye it becomes fixed. That is why a person's expression as he sees himself in the glass is entirely different from the one by which his friends recognize him.

CARE OF EARS.

Never drop anything into the ear until it has been previously warmed.

Never attempt to apply a poultice to the inside of the canal of the ear.

Never wet the hair if you have any tendency to deafness; wear an oiled silk cap when bathing and refrain from diving.

Never scratch the ears with anything but the finger if they itch. Do not use the head of a pin, hairpin, pencil tips or anything of that nature.

Never put milk, fat or any oily substance into the ear for relief of pain, for they soon become rancid and tend to excite inflammation. Simple warm water will answer the purpose better than anything else.

Never be alarmed if a living insect enters the ear. Pouring warm water into the canal will drown it, when it will generally come to the surface and can be easily removed with the fingers. A few puffs of tobacco smoke blown into the ear will stupefy the insect.

NUTS AND FRUITS FOR BRAIN-
WORKERS.

Dr. Sophie Lepper, the English food specialist, says in speaking of the peculiarities of various food, that—

Blanched almonds give higher nerve or brain and muscle food; no heat or waste.

Walnuts give brain or nerve food muscle, heat and waste.

Pine kernels give heat and stay. They serve as a substitute for bread.

Green water-grapes are blood purifying (but of little food value); reject pips and skins.

Blue grapes are feeding and blood purifying; too rich for those who suffer from the liver.

Tomatoes, higher nerve or brain food and waste; no heat; they are thinning and stimulating. Do not swallow skins.

Juicy fruits give more or less the higher nerve or brain, and some few, muscle food and waste; no heat.

Apples supply the higher nerve and muscle food, but do not give stay.

Prunes afford the highest nerve or brain food; supply heat and waste; but are not muscle feeding. They should be avoided by those who suffer from the liver.

Oranges are refreshing and feeding, but are not good if the liver is out of order.

Green figs are excellent food.

Dried figs contain nerve and muscle food, heat and waste; but are bad for the liver.

The great majority of small fresh seed fruits are laxative.

All stone fruits are considered to be injurious for those who suffer from the liver, and should be used cautiously.

Lemons and tomatoes should not be used daily in cold weather; they have a thinning and cooling effect.

Raisins are stimulating in proportion to their quality.

Buyers should mention the Homœopathic Record to encourage our generous advertisers.

“RADNOR”

Dr. J. R. Kippax, Professor of Medical Jurisprudence in the Chicago Homœopathic Medical College, writes: “Radnor Water is an agreeable and exceedingly pure table water, and surpasses the leading German Waters in therapeutic value.”

TO PRESERVE THE TEETH.

Let the diet contain plenty of the elements nutritious to the teeth. They are contained largely in the grains.

Avoid acid tooth washes and powders composed of hard, gritty substances.

Avoid the excessive use of acids and acid fruits.

Use foods which require thorough mastication.

Never follow very cold drinks or food by very hot drinks or food.

Use a moderately soft tooth brush and quill toothpicks.

Clean the teeth in the morning, after each meal and before going to bed.

Visit the dentist, even when his services do not seem to be required, at least twice a year.

MIND YOUR EYE

It is strange when but one pair of eyes is all a person is allowed on this earth that so little care is taken of them. There are all sorts and conditions of prohibitory rules floating about to no purpose but here are half a score which are insisted on by a leading oculist:

Don't read in railway trains or in vehicles in motion.

Don't read lying down or in a constrained position.

Don't read by firelight, moonlight or twilight.

Don't read by flickering gaslight or candlelight.

Don't read books printed on thin paper.

Don't read books which have no appreciable space between the lines.

Don't read for more than fifty minutes without stopping, whether the eyes are tired or not.

Don't hold the reading close to the eyes.

Don't study at night but in the morning when the eyes are fresh.

Don't select your own glasses at the outset.

INTERESTING ITEMS.

The number of men and women is very nearly equal, the average longevity of both sexes being only 38 years. About one-third of the population dies before the age of 17.

According to the most careful computation, only one person in 100,000 of both sexes attains the age of 100 years, and six to seven in 100 the age of 60.

The total population of the earth is estimated at about 1,200,000,000 souls, of whom 35,214,000 die annually, an

average of 98,848 a day, 4,020 an hour, and 67 a minute.

The annual number of births is estimated at 36,792,000, an average of 100,800 a day, 4,200 an hour, and 70 a minute.

Every ten thousandth person lives to be one hundred years old.

HOUSEHOLD HINTS.

The Single-Bed.—As we become more intelligent concerning the laws of health, we are beginning to realize that the single bed, designed for only the occupancy of one person, is as much a necessity for hygienic living as a tooth-brush or a napkin is for the individual use of every person. All the conditions that make for health, for rest, and for refreshing sleep, urge its use as a precaution against contagious diseases, impure air and disturbed slumber. If one is setting up housekeeping and has all her beds to buy, it will really cost little more to buy two beds of enameled iron, or brass and iron, than one of the expensive wood, even including the two mattresses and two sets of springs which will be necessary. If one does not like these bedsteads, the single, or "twin beds," as they are called, are to be had in great variety in woods. They are designed to occupy little more space than the old-fashioned double bed, and are usually placed in a room side by side and under one wide canopy, when a canopy is used. The canopy is rarely that old-fashioned affair which shut out air and held dust in the folds of its heavy drapery. It usually projects only over the head of the bed, and the curtains of washable material are draped far back, so that they do little more than soften the iron lines, without interfering with the healthfulness. Where two beds are used instead of one, it cannot be denied that more sheets and more laundry work are necessary, but in the end seeming extravagances often prove one's real economies.

INSECT BITES.

Salt will relieve the pain caused by the stings or bites of insects if dampened with water, apply to the affected part, and bound tightly with a bandage. Ammonia is also of great service, especially for wasp stings; to which also an indigo bag may be applied with good results. Flea bites are relieved by vinegar.

TENDER FEET.

After a long walk, or much standing when the feet are very tired, it is a good plan to bathe them in water in which charcoal has been boiled; or frictions with gin and water will give speedy relief. Another remedy under the same condition is to put a handful of common salt into a footbath of hot water.

Feet are apt to be sensitive, growing hot and irritable when the skin is dry and fails to perspire. In these cases a salve is very comforting, and the following will be found efficacious:—Zinc ointment, cold cream and spermaceti in equal parts.

When there is copious perspiration of the feet it often arises from constitutional weakness, and should be consulted.

Arctic explorers who have found themselves in the midst of an aurora describe it as producing a cooling, prickly sensation and a very exhilarating effect.

The upper third of the face is altered in expression, say physiognomists and doctors, in affections of the brain, the middle third in diseases of the chest, and the lower third in diseases of the organs contained in the abdominal cavity.

ELASTIC FELT MATTRESSES \$15

The best \$50.00 Hair Mattress made is not its equal in cleanliness, durability, or comfort. Elastic Fe't consists of airy, interlacing sheets of snowy whiteness and great elasticity, closed in the tick by hand and never mats, loses shape or gets lumpy, and perfectly dry, non-absorbent, and is guaranteed vermin proof.

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READ THE FOLLOWING TESTIMONIAL :

MONTREAL HOMOEOPATHIC HOSPITAL,

February 9th, 1897.

We have much pleasure in stating that the **Buffalo Hot Water Heater** supplied by **H. R. Ives & Co.**, through **J. W. Hughes**, has worked to our entire satisfaction during the past two winters, proving both efficient and economical.

[Signed]

E. G. O'CONNOR, Treasurer,

For Building Committee.

Montreal Homeopathic Hospital.

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