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MONTREAL

# Homœopathic Record

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

VOL. III. No. 12

MONTREAL, DECEMBER, 1898.

25cts. A YEAR.

## Montreal Homœopathic Record

— PUBLISHED MONTHLY —

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

Communications relating to business and subscriptions to be sent to the Business Manager, care Sterling Publishing Co., 37 St. Gabriel St.

Manuscripts, new items, etc., should be addressed to the Editor Record, care Sterling Publishing Co., 37 St. Gabriel St.

Dr. Hazleton Spencer, who has successfully passed his examinations and been licensed to practice homœopathic medicine and surgery in this province, has begun practicing at Sherbrooke. The doctor has had an extensive experience in some of the largest hospitals in New York city, where he has been studying for a number of years. He was one of the few candidates who succeeded in obtaining the purple degree—requiring 95 per cent. in every subject—from the New York State board of examiners. There are quite a number of families in Sherbrooke who have long desired a homœopath to settle in their charming little city. In Dr. Spencer they will find a physician of skill and ability—thoroughly competent in every branch of medicine. THE RECORD speaks for him a successful career in his new home.

The progress of homœopathy in Montreal has been most marked during the past six years. At that time the Homœopathic Association had just enough members living to maintain its

charter. A reorganization was effected and a start made in a small way with a dispensary. In due time this was merged into a hospital—with an out-door department—and two years ago the hospital was doubled in size, giving now a very comfortable, home-like institution of thirty-five beds. In the administration of the hospital the governors seek to maintain the utmost freedom and liberality. The private wards are open to any reputable physician of any recognized school. A very excellent operating room is also provided where all the latest improvements of surgical science are to be found. This great convenience should be appreciated by physicians who are denied the privilege of treating private cases in other hospitals. Visitors to the hospital are always made welcome.

It is a fact noted everywhere that homœopathic physicians find a majority of their patients in the wealthiest and most intelligent families. This fact is especially apparent in Canada. There are about one hundred homœopathic physicians in the Dominion. The restrictions for admission to practice guarantee that only competent men will be granted a license. The success of homœopathy speaks volumes in its favor. If intelligent people did not get relief from homœopathic remedies they certainly would not employ that treatment. Homœopathy, when carefully and properly administered, is quicker, surer and safer than any other mode of treatment.

The hospital has a very cosy and comfortable Phillips Children's ward. Governors and friends of homœopathy would do well to remember this fact when desiring sick children require medical or surgical treatment. Homœopathy will do more to relieve the suffering of little ones than any other system of medicine known. Application for admission should be made to the superintendent.

### ANNUAL MEETINGS.

#### HOSPITAL, COLLEGE AND ASSOCIATION.

The first part of the present month was a busy one for the members of the Montreal Homœopathic Organizations. On Monday, the 5th, was held the annual meeting of the Montreal Homœopathic Association, at which was read the annual report of the Hospital, the College and of the Association itself. After approving and adopting the various reports the following board of directors was elected for the Association:

Messrs. Charles Alexander, James H. Mathewson, E. J. Barbeau, Samuel Bell, F. E. Grafton, E. G. O'Connor, S. M. Baylis, James Dick, A. R. Griffith and H. M. Patton.

The following ladies and gentlemen were also elected by the Association as governors of the Hospital for two years:

Mrs. R. G. Reid, Mrs. Andrew Wilson, Mrs. J. T. Hagar, Mrs. Stewart Munn, Mrs. S. C. Mathews, Mrs. Eugene Von Rappard, Mrs. Henry Thomas, Mr. A. D. Durnford, Mr. C. H. Binks, Mr. A. R. Grafton.

At the December meeting of the governors of the Hospital held December 8th, a communication was read from the Woman's Auxiliary requesting that the Auxiliary be relieved from the further care of the domestic affairs of the Hospital. The communication set forth that this step had been taken by the Auxiliary on account of the lack of support its few active members had met with.

Much regret was expressed at the necessity for this action, and a resolution acceding to the request of the Auxiliary and instructing the Committee of Management of the Hospital to assume the duties was passed.

Following officers of the Hospital were unanimously elected:

President, Samuel Bell; Vice-Presidents, Roswell C. Fisher and J. T. Hagar; Secretary, W. McHarrie, M.D.;

Treasurer, E. G. O'Connor; Committee of Management, Mesdames G. D. Phillips, J. T. Hagar, E. Von Rappard, T. Nichol, Sutherland Taylor and G. Sumner, Misses Moodie and Baylis and Messrs. H. M. Patton and Hugh Watson.

Medical Board—Attending physicians, Indoor; Doctors A. R. Griffith, William McHarrie, A. D. Patton, E. M. Morgan, E. A. Grafton. Surgeon; Doctor H. M. Patton. Outdoor; Doctors Scott Nichol, L. Muller, A. D. Patton, W. McHarrie, E. A. Grafton. Eye and Ear Department; Dr. E. M. Morgan.

Medical Superintendent—Dr. A. R. Griffith.

Want of space precludes further reference to the business of the annual meetings this month, but in next and succeeding months' issues of the Record, much matter of interest that came before them will be discussed.

### WOMAN'S AUXILIARY OF THE MONTREAL HOMŒOPATHIC HOSPITAL.

CASH STATEMENT FOR MONTH ENDING NOV.  
30TH, 1898.

#### Receipts.

Oct. 31, 1898.	
Balance in hand.....	\$ 204 67
Nov. 30, 1898.	
Patients .....	95 50
Nurses' services.....	42 50
Subscriptions .....	27 25
Additional receipts Housekeepers' Sale: Donation by Mrs. Binks.....	5 00
Ticket money.....	10 20
Grand Trunk Dramatic Club, per J. A. Bussell.....	4 53
Dispensary: Donation, S. Carley.....	10 00
Receipts for November.....	4 75
Sundry small receipts.....	82
	<hr/>
	\$405 22

#### Expenditures.

Nov. 30, 1898.	
Salaries and wages.....	\$ 181 90
Hospital expenses.....	136 29
Household expenses.....	7 01
Medical and surgical supplies..	6 40
	<hr/>
	\$331 60

Balance in hand.....	73 60
	<hr/>
	\$ 405 22

HARRIET W. PATTON,  
Acting Treasurer

DONATIONS FOR NOVEMBER.

Mrs. Geo. Wait, large turkey, ice cream and cake for nurses, three ducks.  
 Mrs. Marie Robertson, old linen and vials.

No Name, box containing two pkts. tea, two jars jam, 1 bottle wine rennet, small box soap, witch hazel, alcohol, Condy's Fluid, small bottle of gin and brandy, fountain syringe, breast pump, alum, sulphur.

Mrs. Sutherland Taylor, books, Waverley, Thackery novels and other miscellaneous collections.

Wm. Foster Brown, magazines.

Miss Dow, from Industrial Rooms, flannellette night gowns, valued at \$10.00.

Grand Trunk Dramatic Club, per J. A. Bussell, \$4.53.

Mrs. Führer, 1 lb. rice flour, cake.

Mrs. Dr. Müller, 1 basket grapes.

Mrs. Sheffield, 1 turkey.

Mrs. J. Baylis, salt bacon.

Mrs. G. S. Brush, magazines.

Mrs. R. H. Gaunt, sausages, cranberries and oranges.

Mrs. Tattersall, harley.

Mrs. Von Rappard, 2 baskets grapes.

Mrs. Dr. Griffith, 7 sealers fruit, 2 jelly, 1 chille sauce.

Mrs. Walter Mann, 1 turkey.

Mrs. H. M. Patton, 1 basket oysters in shell, 2 ducks.

Miss Moodie, 5 dozen eggs, 1 roast beef.

Westmount Lady (no name), sausages.

Mrs. Nichol, 1 jar preserves.

Mrs. Sumner, oranges and grapes.

SUBSCRIPTIONS RECEIVED.

The Woman's Auxiliary acknowledge, with many thanks, the following subscriptions received during November, 1898:

Mrs. Von Rappard, annual subscription.....	\$ 10 00
Auxiliary fees: Mrs. C. H. Binks, Mrs. de F. Smith, Mrs. W. M. Patton, each \$2.00.....	6 00
Bread money.....	1 25
	<hr/>
	\$ 27 25

HOSPITAL NOTES.

The attention of the friends of the hospital is directed to the out-door department. Physicians are in attendance daily from 12 to 1 o'clock. All deserving cases are treated free, only a small fee being expected for medicines.

The name of Miss Marie Robertson was unintentionally omitted from the list of ladies who assisted in the success of the housekeeper's sale. Miss Robertson has long been a friend of the hospital and has secured many valuable contributions.

Doctor A. R. Griffith, the new Medical Superintendent, bears the responsibilities and honors of his new position with a light heart. He is sure to make a success of it.

Miss Cowper, the graduate nurse, who is filling the position of Lady Superintendent pending the coming of Miss Aikin's successor, has won golden opinions for her thorough work done in the most efficient and unobtrusive manner.

The Committee of Management met on the 12th instant at the Hospital. In view of its new responsibility in regard to the management of the details of the domestic affairs of the Hospital it organized a special Executive Committee. This Committee consists of Mesdames Sutherland Taylor, J. T. Hagar and E. Von Rappard and Messrs. Samuel Bell, Roswell Fisher and Doctor H. M. Patton. This Committee will meet weekly and report monthly to the Committee of Management.

The position of a man who attaches himself to the cause of homœopathy is not yet as sure as that of a graduate of the old schools until he has proven it by his splendid work. And when he has attained his position his success is frequently attributed entirely to the "Divine Gift of Healing" instead of to his honest work in the school to which he has turned, because of his deep conviction that the laws of homœopathic medicine are the best for the sick.

“RADNOR”

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

## NERVOUS PROSTRATION.

A physician says it is a great mistake to imagine, as most people do, that nervous prostration is usually the result of overwork. In the course of a medical practice of more than a quarter of a century he has not met more than half a dozen cases of nervous prostration so induced. Much more often it is the result of want of exercise, bad eating and deficiency of sleep. Of all these the first is probably the most serious, and if a man wants to bring on an attack of nervous prostration he cannot do so with a greater certainty of success than by neglecting physical exercise and spending all his time in chasing dollars and none in wooing health. The exhaustion which comes from work is cured by rest, the best of all antidotes for the ailment. But the exhaustion of work is frequently accompanied by some other bad condition which prevents the body from restoring itself through the natural process—sleep. This condition comes from either failure of the digestive organs to supply the proper amount of nutriment for the repair of wastes or the production within the body of poisonous substances which paralyze the vital powers and prevent the natural processes of assimilation. Of course, when the symptoms of exhaustion have declared themselves, the first thing to do is to let a physician diagnose the case and find out the cause. After this spend two hours daily in vigorous outdoor work. You will do more mental work than you did before, and it will be of better quality. Get eight hours solid sleep, and nine if you need it, and if you don't know how to eat properly, get some common-sense, intelligent person to teach you. Do this, and stop visiting, worrying, and fretting your energy away in social duties for awhile, and you will soon drop your gruesome face and begin to feel that there is some sunshine in the world after all.—Los Angeles Times.

Don't throw away the stones of fruit you use during summer and fall. Cherry, plum, peach and apricot stones, washed or boiled in clean water, dried in the sun, and put into chintz or print bags, cannot be excelled, when hot applications are needed for earache or toothache. Heat one of these bags in the oven and apply to the affected part. The stones give a pleasant, spicy odor, and retain heat a wonderfully long time.

## MERRY CHRISTMAS.

A Merry Christmas is being arranged for at the Hospital. A tree with gifts for patients, as well as permanent inmates of the Home, is being prepared, and an entertainment will also be provided. Gifts for the tree and for the Christmas dinner should be sent to the Hospital as early as possible. Anyone desiring further information as to what is desirable to be done can get it from Miss M. E. Baylis, 55 McGill College Avenue or telephone Uptown 481.

## NEW BOOKS.

The Phonendoscope is a comparatively new instrument—a great improvement on the old Stethoscope. The RECORD has received a copy of lectures delivered by Dr. Aurelio Bianchi giving a description of the Phonendoscope with its practical application. The little volume is a book of nearly one hundred pages, profusely illustrated with descriptive outlines of the human body, showing the advantages of the Phonendoscope in physical diagnosis. Published by George P. Pilling & Son, of Philadelphia, Penn.

## HABITS.

Most people are the slaves of their habits. They form them for their convenience or amusement; and, eventually, are mastered by them. A sudden prolonged interruption, which entails the renunciation of one of these habits, is a real deprivation, which chafes and irritates out of all proportion to the cause.

To successfully treat a case of chronic disease, the doctor must inquire into all the habits of the patient. He must instruct the latter as to the nature and wisdom of these habits, and break him from those which are injurious by substituting something else. The novelty and pleasure of forming a new habit is the best way to wean a man from a bad one. Habits easily grow from propensities to passions if let alone. But go slow in touching the habits of the aged. They have become woven into the very fabric of the constitution. To hack at them is to imperil the citadel of life itself. Revolutions are not well borne in these cases, and the doctor's treatment must adapt itself to the conditions as he finds them.—Medical Brief.

## BATHS.

The kind of bath that is suited to each individual is of great importance. Those who can stand the cold bath should accustom themselves to it as a daily function. The process of training should be commenced by taking a cold sponging, extending only to the neck and shoulders, then gradually increasing until one can get into a cold tub each morning. It should be inaugurated during the summer, as there is then much less shock and discomfort than in cold weather. Salt added to the bath is of undoubted advantage. In the winter the bath should be taken in a well-warmed room, free from draughts. Upon emerging, the body should be vigorously rubbed with a Turkish towel. The exertion and the friction bring the blood to the surface, and prevent "taking cold." It is a frequent experience to find that people who are always chilled by night air, and who took cold on the least exposure, became so hardened by the daily cold bath that they were almost free from such attacks. People usually have the temperature of their baths too high, and thereby increase the susceptibility to colds—Dr. William E. Briggs in Occidental Med. Times.

## WALKING FOR HEALTH.

More than a hundred muscles are concerned in locomotion, walking, and running. If one walks in a proper manner, all these muscles can be sufficiently exercised while attending to each day's duties, and thus valuable time need not be wasted in carrying on gymnastic exercises. Unfortunately, most people walk in a manner that does them more harm than good—a manner that fatigues the person without giving any beneficial exercise to the hundred muscles concerned in locomotion. "Dawdling" is not walking, considered simply as an

exercise. Dragging the feet along as if they were made of lead, and tied to the body with strings, is not a beneficial exercise. If one is to walk for exercise, he must walk with force and vigor; there must be a spring and elasticity to the step, and a certain amount of will-power put in the walking; the head must be erect, chest well up, and deep inspirations should be frequently taken. Such walking as this really exercises and develops the muscles of the lower extremities. Better walk half a mile in this manner than five miles in the usual slouchy method. To all sedentary people we say, walk; walk as much as you have time and strength for; but, be it a little or much, walk with a vigorous, elastic step; with head erect and lungs fully expanded. Let the ball of the foot come to the ground before or at the same time with the heel. Do not let the heel strike the ground first with a jar, as if you were walking on wooden stilts.—Dr. Forest, in The New Method.

## DEAD? NOT MUCH!

"Homoeopathy is not a dead issue, nor yet an expired trade-mark, and its adherents are not either knaves, trading on a name, or fools, following an antiquated delusion. Let our hospitals and dispensaries be utilized, not to test every new, untried Allopathic preparation, but to prove that there is in Homoeopathy a distinct advance in the science of therapeutics over the empirical practice of the old school. Were half the time now spent in discovering minute points of differential diagnosis to be verified by a post-mortem, or in seeking to keep track of the ever-varying suggestions of a lawless empiricism, spent in studying up the cases to find the curative remedy Homoeopathically indicated, suffering humanity would be better served, and Homoeopathy more highly honored." — Hahnemannian Monthly.

# ABBHEY'S EFFERVESCENT SALT.

A pleasant effervescent aperient, taking the place of nauseating mineral water.  
Recognized and prescribed by eminent members of the profession in Great Britain and Europe and Canada.

### RAW COW'S MILK FOR INFANT FEEDING.

Dr. Edward F. Brush stated that where man is most numerous there germs are most abundant. Milk from the cow is rich in germ life, and contains a certain amount of vitality which it loses when boiled. Boiled milk is sterilized milk. The germs in raw milk produce fermentation which fits it for sustenance of the body. The speaker then outlined the chemical changes which take place from the introduction of cow's milk into the body to its elimination as feces. This fermentation forms an important role in infant feeding; where the gastric juice is insufficient, lactic acid will do the work of digestion, if not excessive in amount. Butyric acid in the stomach is followed by fermentative action in the intestines. In boiled milk the action of the lactic acid is lost. However it would be foolish to advocate the use of milk in cities unless it first be sterilized. Milk that has been boiled loses a large proportion of albumen, which becomes insoluble and passes in to the intestines unchanged, where it causes fermentative disturbances. Boiling eliminates only the pathogenic germs. There are two dangers which must be recognized: first, the danger of germs from animals; and second, the danger of germs from outside sources. Boiling certainly does away with these dangers, but there are certain ptomaines which boiling does not eliminate. For over two years raw milk had been used in the New York Infant Asylum, where there are on an average 250 children per annum. The speaker said there had been no cholera in the institution.—Medical Review of Reviews.

### ONE WOMAN AND HER DOCTOR.

A wealthy San Francisco woman who had undergone an operation successfully performed by the physician she employed, was surprised when a bill of only \$50 was presented to her. She remonstrated, saying that the sum was not sufficient for the work done for one in her circumstances. But the doctor persisted that \$50 was his charge for that sort of operation, and her circumstances had nothing to do with it. She, however, sent him a check for \$500, and was surprised when she later received a receipted bill for \$450 for itemized services rendered to the poor humanity of the city. This pleased her so that she sent another check, which is being

worked out in the same way.

The example is a good one and to the credit of both patient and doctor. Those patients whose ability renders them capable of recompensing their physician beyond the low rate which social conditions in many instances have established as the market value of his specific services would probably be more willing in this way to share in doctor's unostentatious charities, while the physician who receives such supplementary fees does a service to his profession and to humanity at large by calling attention to the vast amount of charitable work done by the medical brotherhood.—Homeopathic News.

### DO NOT TELL PEOPLE THEY LOOK ILL.

This is what every one should thoroughly understand and never forget. Many sick persons that I have called on, have told me that I did them more good than the medicine they were taking. I understood it, for I told them pleasant and agreeable stories, set them to laughing, and made them forget themselves, and they wanted me to call often. I could relate some wonderful experiences, but must not do it now; but I would like to emphasize your suggestion, do not tell people they look ill.—Journal of Hygiene.

### SOME SAMPLES OF SPELLING.

A Jersey City druggist is making a collection of the queer orders he receives from people who send children to the store for things they need. Here are a few samples of them:

"This child is my little girl. I sent you five cents to buy two sitless powders for a groan up adult who is sike."

An anxious mother writes:

"You will pleas give the lectle boy five cents' worth of ipeccac for to throw up in a five-months-old babe. N.B.—The babe has a sore stummick."

This one puzzled the druggist:

"I have a cute pain in my child's diagram. Please give my son something to r lease it." Chironian.

## J. A. BAZIN, D.D.S.,

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