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MONTREAL

Homœopathic Record

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

VOL. III. No. 10

MONTREAL, OCTOBER, 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.

HOW TO HELP THE HOSPITAL.

Give, and influence your friends to give, money or any of the immediate articles which may be found mentioned from time to time in our "Hospital Wants" column. A hospital is insatiable in its needs, and while almost anything may come handy, money is always the most practicable gift, no matter how small the amount. The running expenses exceed the revenue by thousands of dollars, and the difference has to be made up by the contributions of generous friends.

Any contribution may be sent to the treasurer, Mrs. Walter Patton, at 125 Bayle Street, or may be left for her at the hospital, 44 McGill College Avenue.

Mr. Adam Miller is the authorized collector for the hospital, and a kindly welcome and generous response to his visits are hoped for.

EXTRA NOTE:—"There is a little matter that some of our subscribers have seemingly forgotten entirely. Some of them have made us many promises, but have never kept them. To us it is a very important matter—it is necessary in our business. We are modest and don't like to speak about it."

ANNUAL OCTOBER SALE.

The Woman's Auxiliary have completed arrangements for the annual October housekeeper's sale. Mrs. De Forest Smith, Mrs. J. T. Hagar and Mrs. Von Rappard, with Mrs. Dr. Griffith and Mrs. Dr. Morgan are an efficient committee whose names are synonymous with success.

Tuesday, Oct. 18th, in Beaman's Hall, St. Catherine Street, where the sale was held last year, has been chosen, and it is hoped donations to any of the tables will be freely sent in, as money is urgently needed in all departments of the hospital work.

There will be a good supply of preserved fruit, where housekeepers may supplement any deficiency in their winter store of useful household articles. There will be an apron and fancy table, home-made cake and candy tables and five o'clock tea. Tickets may be obtained at the hospital or from members of the committee.

The brain is the most complex structure in the human body. In the adult man it weighs from 48 ounces to 50 ounces. In the new born child it weighs from 10 ounces to 14 ounces. At the age of seven it already averages 40 ounces. Beyond the age of 40 it slowly, but steadily, declines in weight—at the rate of about one ounce in ten years. The average weight of the female brain is less than the male. In the adult it amounts to about five ounces less. Degree of intelligence corresponds to some extent with brain weight, but to a greater extent with complexity and depth of convolutions.

The *Dermatol. Circular* says that oil of eucalyptus applied with a camel's hair brush over the surface of chilblains or soreness of the feet gives prompt relief.

ADENOIDS.

THEIR SYMPTOMS AND TREATMENT.

So much is heard about operations for adenoids that the expression is becoming pretty well known. And yet many children are allowed to suffer month after month without the parents making any effort to secure relief. The seat of this trouble is in the nasopharynx—the passage between the nose and throat. In all throats may be found a tissue known as the adenoid structure. In the normal state these follicles are isolated and do not cause any distress. But once excited by disease the follicles enlarge and create any amount of alarm. The child becomes a mouth-breather. He has difficulty in breathing at any time, but this is much aggravated at night. He makes a peculiar snoring sound during sleep. He is restless, nervous and excitable. This obstruction in the nasopharynx must be relieved or the child's whole future life will be blurred and his constitution seriously affected. A mental heaviness with inability to learn, to memorize, or to reason, is observed. The child looks stupid, with a pallid, drawn face and expression of indifference. These adenoid vegetations are found in children who have the "pigeon breast" deformity of the chest, and it is likely that some relation exists between the two. The "flat chest" is undoubtedly due to an insufficient supply of air caused by the obstruction of adenoid growths. All cases do not produce alarming symptoms at once. But all parents should be on the alert for "the growth at the back of the nose." A cold in the head should not be neglected. The narrow nostril with bluish whiteface and eyes indicates obstruction and a lack of air in the lungs.

The treatment is usually surgical. The child must be given an anaesthetic and the growths removed through the mouth. This is a simple and yet serious operation. Care is required in gently removing the annoying growth without injury to the surrounding delicate tissues. It is always better to try some of the deep acting tissue remedies before resorting to the operation. The constitution of the child must be considered and the remedy chosen accordingly. The drugs most frequently required are calc. carb., baryta carb., silica, sulphur, kali phos. and nat. mur. Even after the operation the system must be improved and thoroughly nourished.

A. R. GRIFFITH, M. D.

STINT YOURSELF.

An old colored servant once told General Washington the secret of life in a few homely words. Said he, "Ginral, if you want a good night's sleep, set up de night befo'." In other words, if you desire keen senses and lively enjoyment in the common-place acts which constitute nine-tenths of life, stint yourself.

Give every normal want a reasonable gratification only. Moderation is the golden mean between indulgence and asceticism. A broad knowledge and general application of economics constitutes the science of living.

To illustrate: If you stint your diet, such food as you do take will be received gratefully by a stomach which has accumulated surplus energy. Every organ in the body will be eager and work hard for its supply of pabulum. Assimilation is, therefore, improved. A satisfied stomach means a healthy liver, regular bowels, sound and resistant nerves, dreamless and refreshing sleep.

Just the right amount of exercise means a healthy degree of fatigue, even distribution of blood, and a relief of nervous tension, predisposing to rest and recuperation. Too much exercise causes active congestions and undue nervous exhaustion; too little exercise results in passive congestions and accumulative nervous irritability.

And so it is all the way through life.

Too great intellectual or emotional indulgence weakens the tone of the organs and centers involved; too little stunts development, turns the energies in upon the individual organism and leads to retrogressive action. Stint yourself and see how the blind, uneducated, undisciplined energy of the body, which tends always to extremism and excess will broaden, will become discriminating and selective and purposeful under the tutelage and direction of an intellect and will freed from bondage and internal rebellion.—Medical Brief.

Only 906 persons in a million die from senility, while 1,200 succumb to gout, 18,400 to measles, 27,000 to apoplexy, 7,000 to erysipelas, 7,500 to consumption, 48,000 to scarlet fever, 25,000 to whooping-cough, 30,000 to typhoid and typhus and 7,000 to rheumatism. The averages vary according to locality, but these are deemed pretty accurate as regards the population of the globe as a whole.—Medical Age.

WOMAN'S AUXILIARY OF THE
MONTREAL HOMŒOPATHIC
HOSPITAL.

HOSPITAL NOTES.

TREASURER'S REPORT FOR THE MONTHS OF
AUGUST AND SEPTEMBER, 1898.

Receipts.

Balance July 31st.....	\$ 27 40
Patients, Sept. 30th.....	223 75
Subscriptions.....	102 00
Bread Money.....	4 75
Dispensary returns.....	10 77
Extras from private patients.....	1 98
	<hr/>
	\$370 65

Expenditures.

Salaries and wages Sept. 30th.....	\$224 36
Hospital expenses.....	29 90
Household expenses.....	27 71
Medical and surgical sup- plies.....	6 50
Postage, etc.....	58
	<hr/>
	\$289 05
Balance on hand.....	81 60
	<hr/>
	\$370 65

HARRIET W. PATTON,
Treasurer W.A., M.H.H.

SUBSCRIPTIONS RECEIVED.

The Woman's Auxiliary acknow-
ledge, with many thanks, the following
subscriptions received during the
months of August and September, 1898 :

J. A. Mathewson, Jr.....	\$ 20 00
Mrs. Sutherland Taylor.....	10 00
Dr. H. M. Patton.....	10 00
A. D. Durnford.....	10 00
S. Greenshields, Sons & Co.....	10 00
James Baylis.....	10 00
Geo. Durnford.....	10 00
Geo. Brush.....	5 00
Thomas Moodie.....	5 00
Geo. Wait.....	5 00
Mrs. Geo. E. Jacques.....	5 00
Mrs. J. A. Sheffield, Aux. Fee..	2 00
Bread money.....	4 75
	<hr/>
	\$106 75

The members of the various commit-
tees are returning to town, and the usual
routine is once more being resumed.

The number of patients has not been
large during the summer, but with colder
weather an increase is sure to take place.

The hospital has been thoroughly
cleaned, and presents an attractive and
wholesome appearance in its new paint
and cork carpet in the halls.

The marriage of one of the faithful
and efficient graduates of the Phillips
Training School took place the beginning
of August. The heartiest good wishes
follow her to her new home from all
who have been associated with her in
the hospital.

Three graduates will leave the hospi-
tal early this fall with the confidence of
the school in their ability as nurses.
Their services can be secured by apply-
ing at the hospital for their addresses,
and it is earnestly hoped that they will
be encouraged by generous and constant
calls.

DONATIONS FOR SEPTEMBER.

Rev. Mr. Eastman, tracts for patients.
Miss Paingborn, basket of grapes for
nurses.

F. Wallace, magazines for patients.
Mrs. Sheffield, flowers and six night-
shirts.

John Lovell & Son, directory.
Mrs. Jas. Pringle, large basket plums.
Dr. H. M. Patton, magazines and
empty vials.

Mrs. Chas. C. Corneille, barrel of
apples.

Mrs. Phillips, basket of apples for
nurses.

W.C.T.U. flower mission, flowers.
No Name, flowers.

A friend, a urinal and two surgical
instruments.

No Name, 10 bound books, 16 por-
tfolios Stoddart's Photos, magazines.

Mrs. A. H. Thompson, basket of
apples.

Richard White, the Gazette for year.

“RADNOR”

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

GELSEMIUM-HEADACHE.

[ADOPTED FROM DR. BERLIN IN GUBEN.]

Miss von P., about 36 years old, has been suffering ever since spring from a chronic headache, which last week came every day. It begins in the morning as a pressure in the occiput and neck, then gradually draws up over the head until it reaches the forehead and remains fixed over the eyes. Here the patient feels the pain pressing like a hundredweight. At the same time her head has a benumbed feeling and she is often incapacitated from thinking. The head is hot, the face red, and this the more according to the violence of the pain. The appetite is changeable; the patient also suffers from venous congestions of the abdomen and from hæmorrhoids, which, however, cause her no trouble. During the headache there are frequent visual disturbances, everything before her eyes becoming black, and for a time she sees nothing at all. Toward evening the pains gradually cease. Since last September she has suffered much from cold feet. In the course of the summer she had repeatedly taken allopathic medicines, including *quinine*, *Phosphoric acid* and *Migrainein*. These remedies had occasionally brought some slight temporary relief, but the next day the pain returned all the same. The general health had always been disturbed for some days by these remedies; there appeared great weariness, buzzing of the ears, lack of appetite, nausea, etc., so that not much good resulted from the use of these remedies, and the patient finally altogether dispensed with the taking of allopathic medicines. She had before this learned to know the efficacy of homoeopathic remedies, and accordingly she then came to me for help. On the 4th of September, 1897, in accordance with her symptoms, I gave the patient *Gelsemium* D. 3, giving daily four doses of five drops each. To remove at the same time the coldness of the feet, I ordered her to take warm foot-baths, and foot steam-baths of fifteen to twenty minutes' duration, and cold foot-baths for one to two minutes. When her feet were cold, a hot application, when they were hot, a cold foot-bath, once a day.

On the 11th of November the lady consulted me again on account of some other ailment, stating that as soon as she had taken the *Gelsemium* her headache was ameliorated, and on the third day had entirely disappeared and had not since returned.

Gelsemium, or the yellow jessamine, is

a North American climber and occupies a prominent place among the more recent homoeopathic remedies. The headache to which it corresponds is especially of the hyperæmic kind, *i. e.*, they are due to *superalacuation of blood* in the brain; I shall not here decide whether this hyperæmia is of the active or passive kind. In headache we may compare this remedy with *Aconite*, *Belladonna*, *Cimicifuga*, *Glonoin*, *Nuxvom.*, *Sanguinaria*, *Iris versic.*, etc. All these remedies have the peculiarity, that they cause congestion of blood to the head.

LET HIM GET WELL.

Dr. W. W. Keene, of Philadelphia, in discussing appendicitis at the Denver meeting of the A. M. A., concluded his remarks as follows:

"I protest against the use of opium, except in rare cases, as it has a tendency to mask the symptoms of the disease and leads the patient to the grave. I protest against the argument of Dr. Niles, that every case ought to be operated upon and the appendix is never to be left. Out of 300 post-mortems on as many bodies it was found that 100 of the individuals had had appendicitis at some time in their lives and had all recovered from the disease. They all died of some other disease. I challenge the assertion that through surgical operations all but two per cent. of cases can be saved. I challenge any operator in the room to take 200 well persons and operate upon them without killing more than two per cent. We all fail, gentlemen. I do not know why, but we all fail. I do not believe in operating on all cases of appendicitis. I'd rather have a live man with an appendix than a dead one without one. (Applause.) I do not believe with the witty Frenchman that no case is complete without a post-mortem. (Laughter.) If the patient is no worse after forty-eight hours of observation, let him alone; let him get well."

HOSPITAL WANTS.

Advertisements for THE RECORD.

Stone bottles with handles.

Night dresses for men and women.

Old linen and cotton.

Empty vials.

A large vessel with tap to hold reserve of filtered water.

Money.

HOMŒOPATHIC ANTIDOTES IN CASES OF POISONING.

BY AD. ALF. MICHAELIS.

Translated for the HOMŒOPATHIC RECORDER from
*Mediz. Monatsh. fuer Hom. u. Allg.
Heilkunde, June, 1898.*

An exact knowledge of antidotes is important, yea, absolutely necessary, to the homœopathic practitioner if he uses so-called double remedies, or remedies taken in alternation; for without such knowledge it might happen that the one remedy may antidote the effects of the other, and his patient, in spite of his taking much medicine, really would receive no treatment at all.

But it is not our intention to treat here of antidotes in this sense, but only to adduce some cases in which the prescription of some medicine or other has led to a more or less dangerous case of poisoning, requiring a quickly acting remedy and energetic treatment. The medicines acting thus must be of such an aggressive nature that of themselves they are hostile to the human organism. Prominent in this class is *Mercury* (quick-silver); on account of its specific and many-sided effects this remedy is used very frequently, but, we are sorry to say, in large, poisoning doses. There is then frequently allotted to Homœopathy the difficult but useful task of curing chronic poisonings from mercury, the so-called mercurialism or hydrargyrosis, and thus to restore what others have spoiled. It is fortunate that Homœopathy possesses many an excellent arm for this warfare. The chief enemy of *Mercury* is *Iodine* and various preparations of *Sulphur*, which are also used by allopaths for this purpose.

We may enumerate among these: Pure *Sulphur*, *Antimonium sulphuricum*, *Hepar Sulphur, calc.*, *Iodine* and *Kali iodatum*. The latter is the chief remedy in mercurial salivation which generally

introduces and accompanies the acute stage. Mercurial fever may become a very threatening phenomenon, quickly reducing the patient's strength; its specific remedy is *Arg. nitr.* If both these symptoms are simultaneously present it is often well to alternate these two remedies. *Acid. nitric.* is much lauded in cases in which the mucous membranes of the throat are especially involved in this morbid process. I have not, however, found it effective in such a case. Dr. Zopfy, the late Swiss physician, recommends for this purpose *Dulcamara*, observing that bittersweet has proved a most excellent antidote to the action of mercury on the mucous membranes. *Aurum* (gold) and *Mzrium* have also been recommended, especially in mercurial diseases of the bones.

A very aggravated state of poisoning is also caused by *lead*, which chiefly manifests itself as *lead colic*. Certain pursuits (those of compositors' printers and workers in earthenware) are especially exposed to this danger. *Aluminium* is the natural and best antidote to *Plumbum*, and is therefore also able to cure the much-feared lead-colic. Prof. J. T. Kent, of Philadelphia, makes the following very appropriate remark about this: "The two metals are so similar, one to the other, that they cannot stay in the same house, *i. e.*, one antidotes the action of the other."

Invalidism caused by *Arsenic* or *Quinine* is cured by *Ipacuanha*, so also poisoning from *Morphine*.

Of late *Strychnine* has been found to be an antidote to *Curare* (arrow-poison).

Natron permanganicum has been lately used by allopaths with good success in cases of acute poisoning with *Phosphorus*.

Every poison has some natural antipode in nature, and where we do not know this counterpart it is merely a sign of the incompleteness of human knowledge. Often some mere accident has led to the discovery of such an antidotal relation, as, indeed, to many other cures.

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.

PURE MILK.

We were much interested, a few days ago, in the establishment of Mr. John D. Duncan, at No. 66 Drummond Street, in this city. In view of the present agitation upon the question of pure milk, we dropped in and asked the proprietor to show us his laboratory. The product—Modified Milk—we were pleased to hear, is rapidly coming into use in this city for the feeding of infants and delicate children. It is, we were informed, based upon an analysis of mother's milk, and is adapted to each individual case, the strength being gradually increased from week to week as the child gains in development.

Pasteurized and sterilized milk are also prepared, in which forms it can be kept sweet for weeks—long enough for a voyage across the Atlantic. The milk is thoroughly sterilized by the heat of live steam. The bottles are washed by revolving brushes in boiling water and dried by hot steam. So careful is every precaution attended to that *all the bottles and utensils are washed in distilled water.*

We were also informed that all the cows have been rigidly inspected by a competent Veterinary Surgeon. The farm buildings, water supply and drainage have all been thoroughly examined, and Mr. Duncan holds his certificate that all are in perfect order. The quality of the milk must therefore be of the purest. In the laboratory all the floors and walls are of cement, so that everything can be washed down with a hose and the city pressure of water.

We came away fully persuaded that the Walker-Gordon Laboratory of Mr. John Duncan is one of the beneficent institutions of the city. We were further convinced of this when we were told that the poor, with a doctor's certificate, may obtain sterilized milk at the price of ordinary milk.

We advise any of our readers who are interested in having pure milk, or who have delicate children needing specially prepared milk, to visit this establishment and see it for themselves. We are sure that they will feel well repaid for their trouble.

INFLUENCE OF DRUGS UPON THE NERVOUS SYSTEM.

The influence of all drugs which affect the nervous system must be in the direction of disintegration. The healthy mind stands in clear and normal relations with nature. It feels pain as pain. It feels action as pleasure. The drug which conceals pain or gives false pleasure when

pleasure does not exist, forces a lie upon the nervous system. The drug which disposes to reverie rather than to work, which makes us feel well when we are not well, destroys the sanity of life. All stimulants, narcotics, tonics which effect the nervous system in whatever way, reduce the truthfulness of sensation, thought, and action. Toward insanity all such influences lead; and their effect, slight though it be, is of the same nature as mania. The man who would see clearly, think truthfully, and act effectively must avoid them all. Emergency aside, he cannot safely force upon his nervous system even the smallest falsehood. And here lies the one great unanswerable argument for total abstinence; not abstinence from alcohol alone, but from all nerve poisons and emotional excesses.—*Prof. D. S. Jordan, in Popular Science Monthly.*

HOW TO CURE BLACK EYES.

Health, of London, quotes "a pugilist," anent the treatment of "black eyes," as follows—but whether there is anything in it is another question: "'Massage treatment of the region affected,' he said, 'will beat paint and raw beef-steak all hollow. But it should be applied immediately after the injury is received in order to prove thoroughly efficacious. It does not require an expert to do it. All that is necessary is to move the fingers rapidly and firmly over the bruised surface, and to keep it up until the last vestige of discoloration has disappeared. The explanation is easy. Where the blow has been received the blood becomes congested. It is the clots of blood showing through the transparent skin that produces the black effect. The pressure of the fingers gradually loosens the clotted blood, which passes off into the general current of circulation, and fresh and properly colored blood takes its place.'"

The vocal chords in action have been photographed, showing that the pitch of the note is raised by rotating the arytenoid cartilage without stretching the chords at all—much as a violinist makes high notes by shortening the strings by the pressure of his finger.—*Exchange.*

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

Dentist and Oral Surgeon,

2248 St. Catherine Street,
Opposite Victoria Street, Montreal.