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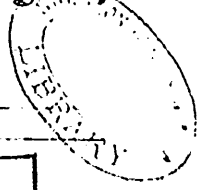
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Homœopathic Messenger,

IN CONNECTION WITH
GRACE HOSPITAL.

"I speak not out of weak surmises, but from proof."



PUBLISHED MONTHLY.

PRICE 50 CENTS A YEAR.

Vol. 1.

TORONTO, JANUARY 15th, 1896.

No. 1.

Homœopathic Messenger.

DEVOTED TO THE INTERESTS OF HOMOËPATHY.

Each one receiving a specimen copy is respectfully invited to become a subscriber. Address all communications and subscriptions

EDITOR HOMOËPATHIC MESSENGER,
Mail Building,
Toronto.

The object of the MESSENGER is to make more generally known the advantages of Grace Hospital, to give from time to time some account of the work of that Institution, together with other items of information of use and interest to every household, and to encourage a wider interest in the Science of Homœopathy.

During the brief lifetime of the HOMOËPATHIC MESSENGER, it has been the desire to forward the advantages of Homœopathy, and to still further that object the Editor would invite any friends who may feel so disposed to contribute from time to time such articles as may be conducive to the welfare of Grace Hospital and Homœopathy.

Everything in nature indulges in amusement. The lightning plays, the wind whistles, the thunder rolls, the snow flies, the waves leap, and the fields smile. Even the birds shoot and the rivers run.

100,000 microbes, end to end, make one inch.

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METHODS OF ASSISTING THE HOSPITAL.

Friends can aid the Hospital in any of the following ways:—

1. Donations of money; also of fruit, flowers, vegetables, provisions, books, clothing, bandages, old linen, and whatever is necessary or useful to the sick.

2. Annual subscriptions, to be paid any time during the year, and continued at will of subscriber.

3. Subscribers of \$100 and upwards shall be known as "Donors," and shall have the privilege of sending a patient for twenty weeks, free of charge, to a £5 ward of the Hospital. This privilege will be good till used, but is extended only to those who subscribe at least \$100. The like privilege attaches to every additional \$100 subscribed by the same giver.

4. Two hundred and fifty dollars subscribed annually will maintain a bed in a £5 ward of the Hospital, to which the donor shall have the right to send any proper hospital patient.

FORM OF BEQUEST.

I give and bequeath to Grace Hospital (Homoeopathic), to be paid by my executors to the person acting as Treasurer of the Board of Trustees thereof, the sum of . . . dollars to the charitable uses and purposes of said Hospital, under the direction of said Board of Trustees.

PRIVATE WARDS.

SCALE OF PRICES.

Private rooms in the Hospital range in price as follows:—\$3, \$4, \$10, \$12, and \$15. This includes all Hospital attendance.

HOSPITAL AND TRAINING SCHOOL NOTES.

Two lectures were delivered to the nurses during the month of December, one by Dr. E. T. Adams, M.D., the other by Dr. L. H. Evans, M.D. During Christmas week lectures were discontinued.

We were pleased to welcome Miss White, formerly head nurse in Grace Hospital, and now Lady Superintendent of the Montreal Homoeopathic Hospital, who was spending a few days in Toronto during the Christmas holidays. She reports the Hospital work in that city as progressing favorably, and expresses the hope that the new building now being constructed will be ready for occupancy in March.

It is with very much pleasure that the Lady Superintendent reports that "The Visiting Nurse" is now ready to respond to calls from any of the doctors on the Hospital staff, whereby her services will be of use in ministering to the wants of suitable cases amongst the needy classes.

Mrs. James Jephcott, *nee* Miss Lily Harding, a graduate from the Training School in the class of '95, recently visited her co-workers in the Hospital.

A special communion service was held for the patients by the Rev. Mr. Broughall on the Friday following Christmas. Religious services are also regularly administered by the Rev. John Hunt.

ANNUAL MEETING OF TRUSTEES AND MANAGERS.

The Annual Meeting of the Trustees and Board of Management of Grace Hospital was held Thursday evening, December 19th, in the Board-room of the Hospital. The meeting was opened by the Rev. John Hunt, with prayer, and the opening address delivered by the President, His Honor Judge McDougall, who occupied the chair. Reports were read from the Board of Management, the Lady Superintendent, the Young Ladies' Auxillary, the Hospital staff of doctors, and from the Secretary-Treasurer, all showing satisfactory progress in the Hospital work. Short addresses were delivered by Mr. Geo. H. Bertram and Mr. Frank Arnoldi, after which the evening's proceedings were brought to a pleasant termination by the serving of light refreshments in the dining-room, and inspection of the different wards.

YOUNG LADIES' AUXILIARY.

The young ladies forming the Auxillary are to be congratulated on the termination of a very successful month's work. In the early part they issued a Cookery Book, the suggestion of Miss Kate Bertram, which was carried out in an energetic manner by Mrs. Marshall, she was assisted by the other members of the Auxillary, who have been remarkably successful in disposing of many copies, the proceeds of which will enable the Auxillary to carry out many plans for the comfort of the patients.

They also provided an entertainment at Christmas, a feature of which, was a Christmas Tree, which had been voted to Grace Hospital at the recent Lacrosse Club Bazaar. The Adam Wilson Ward was decorated for the occasion, and about thirty patients were able to participate in the festivities, the Rev. Mr. Broughall presenting each one, in his well-known happy manner, with a suitable gift.

We have great pleasure in mentioning in connection with the Auxillary, the kind assistance rendered by Mrs. Moss.

The following were the donations received for the Christmas Tree:

Mrs. J. J. Kenny—9 pairs stockings, 3 shawls.
Mrs. Robt. Baldwin—1 dollar.
A friend—1 dollar.
A friend—3 dollars.
Eby, Blain & Co.—1 box table raisins, 10 pounds nuts.
R. & T. Watson—20 pounds candy.
Mrs. Spurling—cornucopias.

CHRISTMAS DONATIONS.

Mrs. R. Baldwin—Barrel of apples.
Mrs. G. H. Rose—Oranges and bananas.
Mrs. Morrison, Parkdale—3 quarts oysters.
Mrs. Loundes—1 turkey.
Lady Gzowski—2 turkeys for nurses.
Mrs. Palmer—1 turkey, celery and cranberries.
Mrs. Hilton—1 turkey.
Mrs. Gurney—1 turkey.
Mrs. F. G. Cox—1 turkey for nurses.
Mrs. McLaughlin—1 turkey.
Mrs. Julius Miles—1 turkey.
Mrs. Gooderham—1 turkey.
Mrs. Christie—1 turkey, oranges, grapes.
Mrs. Paton—1 turkey.
Mrs. Maclean Howard—1 turkey and sausages.
Mrs. Bertram—1 turkey.
Messrs. Swan-Brothers—2 turkeys.
Mr. Burton—1 turkey.
Mr. W. Dever—1 turkey.
Mrs. Campbell—6 quarts fruit.
Lady Wilson—6 dozen oranges.
Mr. Hereward Spencer—6 pounds coffee.
Miss Davis—rocking chair.
Mrs. W. Gooderham—12 Christmas cards.
Miss Parkinson—60 Christmas cards.
Helping Guild—72 Christmas cards and sachets.
Miss Reid—8 Christmas cards and 8 work bags.
Epworth League, Broadway Tabernacle—Flowers.
Mr. Nasmith—Short bread for nurses.
A friend—1 whitestone.

CHRISTMAS DINNER

FOR PATIENTS.

Roast Turkey
and
Pickled Pork.
Cranberry Jelly. Potatoes.
Plum-Pudding.
FRUIT.
Oranges. Grapes. Bananas.

HOSPITAL REPORT.

Patients in December 1st, 1895	70
Births	4
Admitted in December	41
	—115
Discharged in December	47
Deaths	3
Remaining January 1st	65
	—115

GEORGE MURKIN, M.D.,
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It is more blessed to give than to receive. This does not mean that you are to give scraps, for which you have no use, while you take comfort out of precious things which you are unwilling to believe your friends have a right to.

The Bazaar in aid of the Montreal Homoeopathic Hospital, held at the Victoria Armory on Friday and Saturday, was a well-merited success, thanks to the untiring efforts of the Ladies' Committee. Much taste and ingenuity had been exercised in the distinctive decorations of each table. The five o'clock tea table, with its pretty arrangement of palms and colored lights, was liberally patronized. It was under the management of Mrs. Hector Mackenzie, Mrs. Richard Evans and Miss Smith, assisted by Miss Buchanan, the Misses Evans, and Miss Stanley; adjoining it was the Home-made Candy table, presided over by Miss Adeline Van Horne, Miss Gillespie and Miss Louisa Archibald. Santa Claus presided over his own table, laden with Christmas wares of every description, wherewith to delight his youthful following. Mrs. Van Rappard, President of the Bazaar Committee, assisted by Miss Van Horne, President of the Hospital Committee, were in charge of the fancy work table, with its many attractions, suitable for Christmas presents. The curio table, with its effective drappings of Bagdad curtains, contained many interesting objects, such as the bonnet worn by "Sitting Bull" in the battle where General Custer was killed, contributed by Sir William Van Horne; a bunch of Arctic flowers, brought home by the Greeley Expedition; Japanese armour, and many other curios.

DIET HABITS OF NATIONS.

Dr. A. Thurman in the Anthropological Review, published at Milan, gives an interesting summary of the dietic habits of the rural population, the healthiest portion, of several European countries as follows:—

BELGIUM.—Coffee, black bread, potatoes, vegetables, chicory, and sometimes sabions.

ENGLAND.—Beef, pork, potatoes, vegetables, tea, cheese, beer, cider.

IRELAND.—Oatmeal bread, potatoes, beans, milk, butter, vegetables.

SCOTLAND.—Oatmeal-bread, potatoes, milk, butter, coffee, tea, very rarely flesh.

RHENISH PRUSSIA.—Milk, soup, dried fish, grapes, potatoes, flesh only for the feast days.

SAXONY.—Bread, butter, cheese, soup, vegetables, coffee, flesh only on feast days.

BAVARIA.—Porridge, butter, milk, cabbage, potatoes.

ITALY.—Macaroni, Bread, fruits, beans, peas, and lentils, wheat, rice, grapes, wine, a very little flesh on feast days, but only in certain regions.

SPAIN.—Bread, vegetables, fish, fruits, flesh only occasionally.

RUSSIA.—Rye bread, cabbage, mushroom soup, wheat cooked with milk and oil.

SWEDEN.—Potatoes, rye, oatmeal, barley, milk, salt herring, beer, no flesh food.

SWITZERLAND.—Cheese, milk, coffee, vegetables, soup, wine, very rarely flesh.

FRANCE.—In the neighbourhood of Bourgogne meat is eaten but once a year. The peasants of Morvan eat meat twice a year. The peasants of Sardinia once a year; the peasants of Auvergne very seldom; the Bretons never, except rich farmers, who eat flesh on feast days.

We see from this table that European peasants, the hard workers, subsist almost wholly upon fruits, grains and vegetable food, a regimen which is highly economical, and by which they are sustained in good health. The peasants live to be much older than aristocrats, and crowned heads who feast upon meats and the luxuries of courts.

The popular press of the country are ranking no little trouble for the doctors by the prominence it gives to sensational departures in medicine. Almost the first question the doctor can expect to hear when called to attend a child with a sore throat is "Doctor, do you use *anti-toxin*?" It is useless for the conservative and careful physician to attempt to explain his reasons for not employing so doubtful a resource: he finds his unscientific questioner already "informed" upon the "latest demonstrations of science" by the "popular" (if unscientific) press which "educates" the masses; and the doctor cannot be up with the times in his craft if he does not go around armed with a hypodermic needle ready primed for the veins of the helpless patient.

The spirit of knowledge exists every where. Those whose minds are in harmony with knowledge can take it.

A PALLIATIVE POSITION IN CONVULSIONS.

I notice in your *Journal* of September that the *Pacific Coast Journal of Homeopathy* gives it as an experience that in convulsions of children to turn them upon the left side will cut short like magic the convulsion. This has been my experience of many years past. One case was remarkable, the child had been in convulsions continuously more or less severe for twenty-four hours. I made this change and the relief was immediate. Epileptics, I treat in the same way and they are always as promptly relieved.

M. HAMMOND, M.D., Balto., Md.

(We learned this "wrinkle" of Dr. Hammond many years ago, and can join our experience with his that the left sided position is beneficial in all kinds of convulsions. We once tried it in a case of tubercular meningitis a few hours before the death of the child, and caused a marked palliation of the spasms, aborting several that threatened).—*Southern Journal of Homeopathy.*

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