

Technical and Bibliographic Notes / Notes techniques et bibliographiques

Canadiana.org has attempted to obtain the best copy available for scanning. Features of this copy which may be bibliographically unique, which may alter any of the images in the reproduction, or which may significantly change the usual method of scanning are checked below.

Canadiana.org a numérisé le meilleur exemplaire qu'il lui a été possible de se procurer. Les détails de cet exemplaire qui sont peut-être uniques du point de vue bibliographique, qui peuvent modifier une image reproduite, ou qui peuvent exiger une modification dans la méthode normale de numérisation sont indiqués ci-dessous.

- | | | | |
|--------------------------|---|-------------------------------------|---|
| <input type="checkbox"/> | Coloured covers /
Couverture de couleur | <input type="checkbox"/> | Coloured pages / Pages de couleur |
| <input type="checkbox"/> | Covers damaged /
Couverture endommagée | <input type="checkbox"/> | Pages damaged / Pages endommagées |
| <input type="checkbox"/> | Covers restored and/or laminated /
Couverture restaurée et/ou pelliculée | <input type="checkbox"/> | Pages restored and/or laminated /
Pages restaurées et/ou pelliculées |
| <input type="checkbox"/> | Cover title missing /
Le titre de couverture manque | <input checked="" type="checkbox"/> | Pages discoloured, stained or foxed /
Pages décolorées, tachetées ou piquées |
| <input type="checkbox"/> | Coloured maps /
Cartes géographiques en couleur | <input type="checkbox"/> | Pages detached / Pages détachées |
| <input type="checkbox"/> | Coloured ink (i.e. other than blue or black) /
Encre de couleur (i.e. autre que bleue ou noire) | <input checked="" type="checkbox"/> | Showthrough / Transparence |
| <input type="checkbox"/> | Coloured plates and/or illustrations /
Planches et/ou illustrations en couleur | <input checked="" type="checkbox"/> | Quality of print varies /
Qualité inégale de l'impression |
| <input type="checkbox"/> | Bound with other material /
Relié avec d'autres documents | <input type="checkbox"/> | Includes supplementary materials /
Comprend du matériel supplémentaire |
| <input type="checkbox"/> | Only edition available /
Seule édition disponible | <input type="checkbox"/> | Blank leaves added during restorations may
appear within the text. Whenever possible, these
have been omitted from scanning / Il se peut que
certaines pages blanches ajoutées lors d'une
restauration apparaissent dans le texte, mais,
lorsque cela était possible, ces pages n'ont pas
été numérisées. |
| <input type="checkbox"/> | Tight binding may cause shadows or distortion
along interior margin / La reliure serrée peut
causer de l'ombre ou de la distorsion le long de la
marge intérieure. | | |
| <input type="checkbox"/> | Additional comments /
Commentaires supplémentaires: | | |

MONTREAL

Homœopathic Record

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

VOL. VII. No. 2.

MONTREAL, FEBRUARY, 1902.

25 cts. A YEAR.

Montreal Homœopathic Record

— PUBLISHED MONTHLY —

By the Montreal Homœopathic Hospital.

Communications relating to business and subscriptions to be sent to the Business Manager, care Sterling Publishing Co., 42 Lorne Avenue.

Manuscripts, news items, etc., should be addressed to A. D. PATTON, M.D., Editor Record, 58 Crescent Street.

EDUCATION IN HOMŒOPATHY

We are in receipt of a letter from a subscriber in Toronto, advocating the necessity of a more general education of the laity in the tenets of homœopathy, thereby giving them a firmer ground for their faith. He advises the publication of lists of pamphlets, etc., the reading of which "will enable those who accept the homœopathic treatment to become well enough informed on the 'Why of Homœopathy' to withstand the thin ridicule that the not well informed regulars cast on what they don't take the trouble to examine for themselves."

We cordially agree with our correspondent on this subject, and hope to be able to offer a few suggestions in the near future which will lead the masses to more readily grasp the beneficent ideas of our system. From a certain point of view the thing which, perhaps, more than any other militates against the universal

adoption of homœopathy, is its wonderful simplicity of method and ease of action. The world in all ages has been ever ready to grapple with the intricate and reach out after the unattainable, stumbling meanwhile over truth lying humbly in its path, and only awakened to the fact after sundry and sometimes serious bumps against the lowly obstacle. Again, man in the mass is essentially materialistic, and especially so when frightened or sick, at which time the senses of taste, smell, etc., are prominent, even to the occlusion of the reasoning power, which prevents the administration of any system of medicine save the most heroic. When well, he has no need for physic, and gives it but little thought, and less thought to the fact that the Creator had made in him the most wonderful, delicate and intricate piece of mechanism possible, which the most minutely divided drugs and subtle disease could easily disturb the equilibrium of. The using of a crow-bar to regulate the delicate works of a watch might be effective, though detrimental to the structure, yet it could hardly be more injurious in its application than the dosing with crude drugs is on the marvellously adjusted organs of the human body. The exceptions to the charge of materialism are that those who use the sense of sight, and having seen the results of homœopathic medication in others, try it for themselves, without giving faith a thought; generally, this

class develops into the most ardent believers and staunch adherents.

Apart from theorizing (which is mostly done when we are well, and have no need for medicine) the principal concern of most mortals in sickness is the getting of relief from their pains and aches in the quickest and easiest manner possible. In the accomplishment of such ends, lies homœopathy's greatest claim for recognition, proving indisputably to those most interested the absolute truth of the law of similars. The effect of the properly prescribed drug being magical in the swiftness of its action, gives a reason for the "why of homœopathy" that no amount of specious argument can overthrow, and brings as answer to quasi science's declaration of its being all moonshine "I was sick, I am well; give me more moonshine, if so you term it."

HINTS.

A few doses of Arsenicum will, it is said, prevent the grippe, acting as a prophylactic.

Snuffing a little Hamamelis extract up the nose will stop nose bleed.

When any ailment has very marked periodicity, coming on regularly at a fixed time, Cedron is probably the remedy needed.

"What will cure a wen?" Benzoic acid 3x internally and anoint with Benzoic acid ointment or cerate. Baryta Carb 6 internally has also been recommended. Also, by Dr. Stacy Jones, paint the wen with Collodion.

Headache from over-work, frontal, Pulsatilla.

Neuralgia, with twitching, Nux vomica.

Pain, burning and itching in the anus is frequently relieved by Ratanhia internally, and the same externally in suppositories or ointment. Try internally first.

Headache, worse from stooping or motion, sour, bitter stomach, may find relief in Bryonia.

Chronic headache, chilly, cold, damp feet, Calcarea carb.

"Sugar of milk in doses of from forty to sixty grains sometimes proves an excellent diuretic in suppression of urine in infants."—Cleveland Med. Gazette.

Thuja, according to Burnett, is the best remedy for ill-health following vaccination. Weight and oppression in the stomach, Calcarea carb.

"Tartar emetic. This remedy has been found to greatly ameliorate the disease, small-pox. It reduces the fever, and the pustules run their course, leaving scarcely a mark behind."—Johnson.

Pulsatilla is the remedy for styes on the upper lid. For frequently recurring styes, edges of lids, dry, Staphisagria.—Hom. Envoy.

SICK ROOM ODORS.

In a recent case of illness in which a trained nurse was employed, the pleasant air of the sick room was noticeable.

When comment was made the nurse explained how it was managed. A few pieces of brown paper had been soaked in saltpetre water and allowed to dry.

When occasion required a piece of this was laid in a tin pan kept for the purpose (the coal scuttle would do as well) a handful of dried lavender flowers laid upon it and a match applied. The aroma was particularly refreshing and agreeable. Another suggestion in the same line applies to the use of lavender in another form.

A few drops of oil of lavender poured into a glass of very hot water will purify the air of a room almost instantly. This bit of knowledge is useful to the hostess whose dinner must be served in a small dining-room near the kitchen. If the mixture is made just before dinner is announced, by the time the company enters the room will be filled with a faint, intangible, but thoroughly acceptable odor of freshness, and all disagreeable stuffiness removed.

SALT AS A MEDICINE.

We are very apt to seek some far-fetched cure for our bodily ailments, and to overlook the simpler remedies, quite as effective it may be, which are to be found even in the humblest homes.

Common salt is one of the specifics for various diseases, which many lose the

benefit of because they are not aware of its value.

For sore or inflamed eyes, wash them in a weak solution of salt and warm water. This is also useful to remove the inflammation caused by extraneous substances in the eye.

For sore throat and a hacking cough, take one saltspoonful of salt, two teaspoonfuls of vinegar, to half a goblet of cold water (iced water preferable); sip this frequently, and relief will be felt at once. This same preparation will remove nausea, and settle the weakest stomach. It is also beneficial in attacks of colic.

Nothing is more useful in sickness than a small flannel bag filled with salt.

For toothache, colic, or any disease requiring warm applications, it is invaluable, as it retains its heat a long time; and it is greatly to be preferred to hot, wet emollients, which soon get cold and uncomfortable. The bag and all can be put on a tin pan, and warmed in the oven: but it is better to rip a small hole in a bag, and empty the salt out into the pan to heat. After it is hot it can be put back with a large spoon, and the hole sewed up in a moment.

We have recommended this to several of our friends while they were suffering severe pain, and we have had the satisfaction of knowing that they experienced almost immediate relief from it. We knew it prescribed years ago for a case of severe colic. The effect was magical; and ever since the salt-bag has held an honored place in our domestic pharmacy.

A mixture of ice and salt, in proportion of one to one-half, applied to head frequently, gives instant relief from acute headache. It should be tied up in a small linen cloth, like a pad, and held as near as possible to the seat of the pain.

A teaspoonful of salt dissolved in water, and taken every hour or two, beginning six or eight hours before a chill, will often prevent it, in intermittent, or what is known as "chills and fever."

We once succeeded with this simple remedy in an obstinate case, where quinine, arsenic, and all the ordinary means had failed.—Public Health Journal.

BUTTERMILK

Buttermilk as a remedial agent can not be praised too highly. The lactic acid, the sour of the buttermilk, attacks and dissolves every sort of earthly deposit in the blood vessels. Thus it keeps the veins and arteries so supple and free running there can be no clogging up; hence no deposit of irritating calcareous matter around the joints, nor of poisonous waste in the muscles. It is the stiffening and harrowing of the blood vessels which bring on senile decay. Buttermilk is likely to postpone it ten to twenty years, if freely drunk. A quart a day should be the minimum; the maximum according to taste and opportunity. Inasmuch as gouty difficulties usually arise from sluggish excretion, buttermilk is a blessing to all gouty subjects. It gently stimulates all the excretories—liver, skin and kidneys. It also tones the stomach and furnishes it the material from which to make rich, red, healthy blood. If troubled with gout, avoid meat, sweets, pastry, wines, spices, hot rolls, bread of all sorts, and everything belonging to the tribe of ferments. Eggs, game, fresh fruit, vegetables, especially salads, may be eaten with impunity. If any one has a creaky joint, or a swollen or aching one, he should drink all the buttermilk he can relish, whenever and wherever he can, but it should be fresh churned and wholesome.—Health Culture.

INSOMNIA.

It is a bad thing to be overtaken by sleeplessness, unless your life is so smooth and free that you can afford to lie still and look at it. Even then there will be crumpled rose leaves; such as a death watch that ticks monotonously until every beat is a hammer tap-tapping on your brain; or a dog that howls in the distance at intervals, so that you are held in the throes of suspense when not in process of active torture. But when the grim brotherhood of care and regret and sorrow steal in through the night, magnified by the darkness into Brobdingnagian proportions; when they paint the past and the present—aye, and worst of all—the hereafter—in their own grisly hue, then comes the full burden of misery. You

try the right side first and the orthodox position—bedclothes up to chin, right ear well in pillow, knees slightly bent, eyes shut. What happens? Hold the covering ever so tightly, in slips care to be your bedfellow. And then what a record of trouble he breathes into your ear! The debts that must be paid, the children that must be fed, the promotion that never comes, the strange symptoms that you fear mean the beginning of disease—whichsoever is appropriate to your case he lays before you. Turn on the left side now and try again. What of wasted opportunities, of the crisis in which you failed, of the moment when you might have been a god and proved yourself less than a man? What of the youth that slipped by with never an unselfish impulse, the childhood that lost its innocence so much too soon? That is regret whispering and nagging at your helplessness. Another effort, and turn upon your back, with your knees making a Mount Sinai of the bedclothes. Sorrow now—sorrow for the dead face you can never see again; for the lost love that will plead for hearing; for the touch that thrilled you so much once that to think of it now is agony. And thus on through the night, until the dawn steals in to shame your hot eyeballs, and start you forth to wait for the next bedtime—and repetition.

BAZAAR ECHOES

The following names of donors to the Bazaar have been added to the December list:—Mr. and Mrs. Barromd, Mrs. W. Winfield, Mrs. Moore, Brookline, Mass.; Mrs. Smith, Los. Angeles; Mrs. Wardle, Mrs. Somerville, Miss Glass, Mrs. Kearns, Mrs. Wilson, Clarence, Ont.

BAZAAR RECEIPTS AND EXPENDITURE.

RECEIPTS	
Tickets	\$ 126 60
Mrs. Gaunt (fancy work)	104 35
Miss Shaylis (fancy work)	104 50
Mrs. Sheffield (aprons)	88 66
Mrs. Watson (fancy work)	75 35
Mrs. Griffith (preserves)	71 66
Mrs. Wait (dolls)	70 35
King's Daughters (refreshments)	60 10
Miss Von Rappard (candy)	43 86

Mrs. Grafton (tea, coffee, etc.)	38 80
Miss Hagur (lemonade)	27 11
Miss Nichol (toys)	24 11
Punch and Judy	13 20
Pop Corn	7 80
Scales	4 60
Fortune-teller	4 50
Lord Strathcona	100 00
Collected	122 00
	<hr/>
	\$1087 49

EXPENSES	
Hall	60 00
Music	20 00
Booths, etc.	14 28
Printing, advs.	12 00
Ice Cream	10 50
Punch and Judy	5 00
Policeman	3 00
	<hr/>
	\$ 124 78
Total receipts	\$ 1087 49
Total expenditure	124 78

Net proceeds \$ 962 71

There is still some ticket money outstanding, which will slightly increase the above total; there should also be added the value of preserves, provisions, etc., donated to the hospital, which would make the net total about \$1000.00.

SUBSCRIPTIONS AND CASH DONATIONS IN JANUARY.

The hospital treasurer acknowledges with thanks the following:

Henry Morgan & Co.	\$ 10 00
Inspector St. Chapel Mission S.S.	10 00
Mr. Bruce	5 00
Herbert Evans	5 00
Lyman, Sons & Co.	5 00
R. L. Lockhart	2 00
W. J. Benallack	2 00
Fitzgibbon, Schafheitlin & Co.	2 00
Hugh Paton	2 00
Chas. Gurd & Co.	2 00
F. H. Newman	2 00
Miss Von Leibich, (Sunday School class)	1 75
Dimes	2 60
Mr. Patch	1 00
B. Currie	1 00
Mrs. McPhail	1 00
A Friend	50
	<hr/>
	\$ 54 85

HOSPITAL REPORT FOR JANUARY

Number of patients in hospital Jan. 1,	15
Admitted	19
Discharged	22
Died	2
(One not entered in records, being infant aged 7 days)	
Operations	4
Private and semi-private patients	4
Semi-public and public patients	7
Maternity cases	2
Number of days private nursing, outside	77
Number of days private nursing in hospital	0
Remaining in hospital, Feb. 1	13

DONATIONS IN JANUARY

The Lady Superintendent acknowledges with thanks the following:

A friend—6 concert tickets.
Mrs. S. C. Mathews—Thermometer, 2 bottles catsup, jar grape jelly, cut flowers.

Dr. A. R. Griffith—Part payment of carpenter's bill, \$26.00.

A friend—15 lbs. tea.

J. M. Aird—Fruit cake.

Mr. Drummond—1 gal. cream.

J. Taylor & Co.—Bbl. soap chips.

Lyon, Silverman Co.—1 bottle fluid beef, 2 bottles flavoring extract, 2 pkgs. fruit jelly, 1 bottle Worcester sauce.

Mrs. Sheffield—Medicine vials.

A friend—1 doz. tumblers.

Woman's Auxiliary—6 cups and saucers, plates, soup bowls, 3 sugar bowls, cream jugs, china tumblers, egg cups, doz. table napkins, 2 table cloths, doz. towels, bath towel, half doz. spoons, enameled basin, sink strainer, 3 asbestos plates, 6 bowls, 6 cups and saucers.

Miss Robertson—1 lb. grapes, doz. oranges, half doz. lemons, 8 jars orange marmalade.

Mrs. F. Scholes—6 arm chairs.

The Ozo Tea Co.—20 lbs. tea.

H. M. Dinning & Co.—10 lbs. coffee.
McClary Mfg. Co.—2 sink strainers, 2 sauce pans, 1 double boiler, 1 tea kettle, 1 mixing bowl, 6 kitchen spoons, 2 ladles, 2 asbestos plates.

H. Hamilton—Goods, \$1.00.

W. Scroggie—8 yds. pillow cotton.

Mr. Bastien—Goods, \$1.00.

Mrs. McLaren—Magazines.

John Murphy & Co.—Half doz. cups, saucers and plates, 2 sink strainers, 2 strainers, 6 egg cups, 1 dipper, 5 jugs, 3 sugar bowls.

Mrs. J. T. Hagar—15 yds. towelling.

Miss Macculloch—1 clothes basket.

Lake of the Woods Milling Co.—1 bbl. flour.

HOSPITAL NOTES

THE WHOLE surgical staff was on the sick list for a short time last month.

THE FIRST death in the Maternity Annex since its opening occurred last month—an infant seven days old.

THE AMPUTATION case, in the public wards, is progressing favorably. This was the first major operation this year.

SUBSCRIPTIONS to the Record are coming in at a rate which brings joy to the heart of the management and incidentally shekels to the treasury.

THE RESULTS of the Bazaar are most gratifying, showing so far a net gain over last year of over \$200.00.

THE ANNUAL report has been issued and presents a very handsome appearance, which is enhanced by the insertion of a very fine portrait of Mr. Samuel Bell, the hospital's first president.

THE RECEIPTS of the hospital for Dec. from subscriptions, patients and nurses' fees, etc., were \$1252.85, one of the best months we ever had.

“RADNOR”

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

MATERIAL for the Record, items, manuscript, suggestions, etc., for publication must be sent in before the fifth of each month.

THE MONTHLY meeting of the committee of management was held on Jan. 27, and was well attended; business was promptly dispatched, everything being in readiness. Next meeting will be Monday, Feb. 24.

DR. O. W. BRADLEY has been appointed superintendent of the outdoor department and hopes to greatly increase its efficiency.

IF YOU SHOULD miss the "Hospital Wants" paragraph in this issue, do not imagine the larder is full: want of space prevents the publication.

THE HOUSEKEEPER can still find room for barrels of sugar, flour and apples, and boxes of tea and soap and a host of other things.

HAVE YOU ever thought how much soap it takes to do the laundry work for a family of thirty-five or forty.

PERHAPS YOU don't know that there is a visitors' book kept at the hospital; we would be glad to have you sign it.

LAST MONTH'S list of subscriptions was the lightest we have had; maybe the holiday season demands account for it; that reason has passed now.

DON'T WAIT so long to make up your mind about helping to clear off the maintenance debt.

WE NEED money, and need it urgently to pay the coal man, butcher, baker, milkman and other dealers.

REMEMBER the proposition, that the hospital collects an amount equal to that which you give towards its debt clearing crusade.

IF YOU WOULD like to have sample copies of this paper sent to your friends, notify the business manager.

WITH THE APPROACH of spring, the question of repainting the inside of the hospital looms up; here again the money question appears.

PHILLIPS TRAINING SCHOOL

Miss J. Scott, "99," has recovered from her late illness, receiving much benefit from the very severe operation she had to undergo; she left the hospital early last month.

Ottunwa papers of Jan. 16 give a full and interesting account of Miss W. Martin's, "99," wedding. It was quite a social function.

Miss Egan, "96" was on private duty in the hospital last month.

Miss Willoughby, "98," has returned to town from Huntingdon, where she nursed for nearly two months.

Miss McLagan, "99," was reported seriously ill with typhoid fever at her mother's residence in Sherbrooke.

Lecturers to the nurses for the present month are Drs. A. D. Patton and O. W. Bradley; subjects, Materia Medica, Chemistry and Urinalysis.

Nurses' examinations will take place shortly after Easter.

Miss E. E. Keating, "01," has gone to New York. After a well earned rest and visit to friends, she will take a post-graduate course of six months in the Brooklyn Memorial Hospital.

A recent edition of the Rochester Hospital Leaflet announces that three nurses are prepared to take up nursing by the hour, and will do general nursing, baths, alcohol rubbing, massaging, electrical treatments and surgical dressings. The idea is a very good one for some of our graduates to consider, offering as it does better remuneration for expert nurses, with less continued application. The prices should be about 50 cents per hour.

Miss Goring, "99," enters the Brooklyn Memorial Hospital in April for a six months' post-graduate course.

Miss Stroud entered the Training School as a probationer last month.

There are now twelve nurses in training, of whom five will take the final examinations this spring.

Only one case of sickness among the nurses last month, and that of a couple of days' duration.

Miss Brown, having successfully passed the probationary period, is now a full fledged nurse in training.

FINANCIAL REPORT OF WOMAN'S
AUXILIARY FOR DECEMBER
AND JANUARY.

DEC.	RECEIPTS	
Mrs. A. O. Granger	-	20 00
Miss A. Moodie (towards rent No. 46)	-	50 00
Mr. S. Bell (for Bazaar)	-	25 00
Lady Van Horne (for Bazaar)	-	20 00
Miss Badenach	-	10 00

JANUARY		
Mrs. Hector McKenzie	-	25 00
Mrs. E. F. Ames	-	25 00
Mrs. R. J. Evans, Baltimore	-	5 00

AUX. FEES		
Mrs. Barnes	2 00	
Mrs. E. F. Ames	2 00	
Miss Ames	2 00—	6 00

REC'D FOR CHRISTMAS THROUGH AUX.		
Mrs. Thomas	2 00	
Miss Moodie	1 00	
Miss Ames	1 00	
Mrs. Jas. Baylis	1 00	
Mrs. W. Suth. Taylor	1 00—	6 00

\$ 192 00

DEC.	DISBURSEMENTS	
W. L. Maltby, rent No. 46		80 00
J. W. Shaw, rent Windsor Hall		60 00
J. N. Richot, account	-	300 00
I. Collins, carpenter's account		50 00
House furnishings	-	10 00

\$ 500 00

ETHICS.

1. Accord to every person the same liberty you expect for yourself.
2. Accord to every person the same desire to do the right thing which you claim for yourself.
3. Accord to every person the same right to select or refuse medical aid which you desire for yourself.
4. Extend to every man who claims to be trying to alleviate disease the same professional courtesy which you expect from him.
5. Bear in mind that there is good in all schools of medicine and that there is something to be learned from every man.
6. Remember always that the final test of all remedies and theories is cures. Anything that cures is entitled to respect.
7. Remember that the "Regular" physician is one who is regular in his habits, regular in his charges, regular in his cures and in all respects a regular gentleman.
8. Remember always that it is nature that cures; the doctor can at best only assist.

9. Remember always that faith and food and care and sleep and good cheer are the greatest medicines on earth. They are worth a thousand times as much to the sick as the whole pharmacopœia.—Medical Talk.

SPRAINED ANKLES.

The ankle is a very complicated joint, and when it has been sprained, the pain, swelling and weakness may last even longer than if there was a fracture of the small bone of the leg. When a sprain has occurred, the patient must at once go to bed and keep the joint motionless, so as

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.

to avoid inflammation so far as is possible. A surgeon should at once examine the parts to make sure that the injury is only a sprain; for, if there be also a fracture, splints must be applied to ensure union of the broken bone. Should the injury be only a sprain, the joint must be kept constantly covered with some cold application, such as layers of lint steeped in an evaporating lotion of spirits and water or vinegar, or with a cold vinegar and bran or linseed poultice. In either case the cold and moisture must be continuous for several days, and it must not be left off so long as there is acute pain and swelling. When these symptoms have passed off the ankle will require to be compressed with calico bandages, or by strapping with layers of adhesive plaster spread on leather or on moleskin—a specially strong fabric of cotton. The swelling will lessen under continuous pressure, and so the bandages or strapping will need occasional change. When the swelling has all subsided the ankle will be weak for a time from the necessary confinement it has undergone, and then there must follow a period of shampooing with baths of cold salted water, used every morning. —Health.

PHELPS & BINNS,
Fish and Oysters,
 GAME AND POULTRY,
 56 Victoria Square, Montreal.
 TELEPHONES—MAIN 417 and 418.

Shirts, Collars and Cuffs

Sent to us are like children
 with a careful nurse, handled
 gently and conscientiously : : :

THE MONTREAL TOILET SUPPLY CO., Ltd.
 290 GUY ST., MONTREAL.

J. W. HUGHES,

Heating, Ventilating,
 Tests and Reports.

ANTISEPTIC PLUMBER

No. 2 St. Antoine St.

Telephone: 548 Main

PHYSICIANS' DIRECTORY.

LAURA MULLER, M.D.
 199 STANLEY ST.
 Telephone 1183 Up.

EDWARD M. MORGAN, M.D.M.
 247 GREENE AVE.
 Telephone 205 Mount.

DR. HUGH PATTON
 AT HOME: 9 to 10 a.m. 992 SHERBROOKE
 2 to 3 } STREET
 7 to 8 } p.m. (Cor. Mountain St.)
 SUNDAYS: 3 to 3.30 p.m. only. Telephone Up 992

DR. A. R. GRIFFITH
 Office, Tooke's Building, 2 to 4 p.m.
 Residence, 763 Wellington St., } 8 to 10 a.m.
 } 7 to 8 p.m.
 Telephone: Uptown 1147; Residence, Main 2865.

DR. ARTHUR D. PATTON,
 AT HOME: 58 CRESCENT STREET,
 9 to 10 a. m. MONTREAL.
 2 to 3 }
 7 to 8 } p. m. Telephone Up 2717

J. A. BAZIN, D.D.S.
 Dentist and Oral Surgeon,
 2248 ST. CATHERINE STREET,
 Opposite Victoria St., Montre il.

THE AUER LIGHT ::
 :: **FOR THE HOME**
 GREAT ECONOMY, GREAT LIGHT.
 1682 Notre Dame Street.
 Telephone Main 1773.

**LAUNDRY
 DEPARTMENT.**



TELEPHONES:
 2602 } Uptown.
 2601 }