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MONTREAL Homœopathic Record

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

Vol. IV. No. 12.

MONTREAL, DECEMBER, 1899.

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Montreal Homœopathic Record

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TWO CASES OF DIPHTHERIA.

During the past few months there have been a large number of cases of diphtheria in the city. Some of these have been most malignant, while others were of a milder type; two cases coming under my observation were of more than usual interest. A boy of thirteen years was taken sick with a sore throat. His head ached. He was drowsy and stupid most of the time for twenty-four hours before I was called to see him. He had frequently been afflicted with ulcerated throat before and the parents were not fearing any serious disease. One look at the throat showed a rapidly spreading greyish membrane, foul breath and swollen glands. His temperature was elevated and pulse rapid, weak and irregular. He was a very sick boy. Prostration was marked. Difficulty in swallowing kept him from eating or drinking.

The treatment required absolute rest in bed with every possible effort to maintain his strength. Luckily the patient followed closely all directions. The suitable remedy was given every 15 minutes during waking hours. Anti-

toxine was administered as quickly as possible. The throat was sprayed with an antiseptic solution; within four days the membrane had entirely disappeared. But at this stage the pulse was decidedly erratic and the deepening flushes on the boy's face showed unmistakable signs of a sluggish circulation. The blood flowed through the heart with a muffled sound; every indication pointed to heart failure. The patient was not allowed to raise hand or foot and was fed as tenderly as a babe. Death might have instantly resulted from any excitement or exertion. Very mild stimulants were administered for forty-eight hours. Homœopathic remedies were given and in the course of another week the boy was practically out of danger.

Of three other children in the house only one contracted the disease, and this boy had slept with the patient the first night of his illness. The membrane was marked, the drowsiness and languor were present but there was very little prostration. Antitoxine was injected at once. The proper remedies were given, none of the serious heart symptoms developed. Nourishment was readily taken, a quick recovery resulted. Both boys are now absolutely well.

These cases illustrate thoroughly the manner in which the same disease will afflict different members of a family. The great advantage of Homœopathic remedies is at once apparent. The patient is treated as the symptoms demand. Different remedies were required in each case. Antitoxine was administered because it appeared to be the indicated remedy. Homœopathic remedies are frequently given subcutaneously and sometimes with wonderfully beneficial results. The first case also demonstrates how dangerous and treacherous diphtheria may become. The poison appears to

penetrate the vital organs, to destroy nerve centres and cause unexpected death. Even in the apparently mild forms of the disease, it is necessary to exercise the greatest caution and to give attention to every possible complication.

A. R. GRIFFITH, M.D.

PURE WATER A POISON.

(The following is clipped from Foulon's *Clinical Reporter* and will be comforting to drinkers of Schuylkill, Croton, Ohio river and Ottawa river and other waters that are not chemically pure):

We doubt whether Germany has any 'Ralstonites,' who insist that only distilled water should be used as a beverage, but it has a Dr. Koppe, who, in the *Deutsche Medicinische Wochenschrift*, knocks the pins from under the Ralston doctrines. The *National Druggist* gives an abstract of the article, from which we quote: "By chemically pure water, we usually understand perfectly fresh, distilled water, whose behavior and properties are well understood. It withdraws the salts from the animal tissues and causes the latter to swell or inflate. Isolated living organic elements, cells, and all unicellular organisms are destroyed in distilled water—they die, since they become engorged therein. They lose the faculty, upon which life depends, of retaining their salts and other soluble cell constituents, consequently these are allowed to diffuse throughout the water.

"Distilled water is, therefore, a dangerous protoplasmic poison. The same poisonous effects must occur whenever distilled water is drunk. The sense of taste is the first to protest against the use of this substance. A mouthful of distilled water, taken by inadvertence, will be spit out regularly. * * * The local poisonous effect of distilled water makes itself known by * * * all the symptoms of a catarrh of the stomach on a small scale.

"The harmfulness of the process, so much resorted to to-day, of washing out the stomach with distilled water is acknowledged, and we find the physicians who formerly used that agent are now turning to the 'physiological solution of cooking salt,' or 'water with a little salt,' or the mineral waters recommended for the purpose. The poisonous nature of absolutely pure water would surely have been recognized and felt long since, were it not that its effects in their most marked form can seldom occur, for through a train of circumstances 'absolutely pure' water can rarely be found. The ordinary

distilled water, even when freshly distilled, is not really absolutely pure, while that used in the laboratories and clinics is generally stale, has been kept standing in open vessels, generally in rooms where chemicals of every sort abound and whose gases and effluvia are taken up by the water."

This poisonous action of pure water is, according to Dr. Koppe, responsible for some of the unexplained effects of administering ice to invalids. He says:

"Patients with hitherto perfectly healthy stomachs, who, after operations, are for any reason allowed to swallow 'ice pills,' * * * not infrequently contract catarrh of the stomach. There are well known sequelæ of the use of ice, but up to the present no reasonable hypothesis has been offered as to the etiology of the same. It has been charged, it is true, to the 'bacteriological contents' of the ice, but examination of the latter has demonstrated it to be almost free from bacteria such as would account for the phenomena, though otherwise frequently containing bacteria. As a remedy our clinicians say we must use only artificial ice, made from distilled water. Well, it is possible that artificial ice may be better borne than the natural, but it is not because it is purer than the latter, but *exactly the contrary*. It is simply because the melted water thereof more closely approaches our ordinary drinking water.

"This point in the care of the sick, which is certainly worthy of investigation and explanation, finds its analogy in daily experience of the travellers in the high mountainous regions. The guide books warn him against quenching his thirst with snow and glacier water, and the waters of the mountain brooks as well, for, as is well known, these not only do not quench thirst, but give rise to much discomfort. * * * *"

"The harmfulness of glacier water, like that of the pure, cold mountain brooks, most of which, indeed, spring from glaciers, arises from the fact that they are exceedingly pure waters and produce identically the effect of the use of distilled water, they are poisonous. The supposition that the coldness of the water causes the sick, uneasy feelings, cannot stand for a moment, though this coldness is very probably the reason that its unfitness for use is not at once recognized and the liquid rejected.

"The last link in our chain of prolegomena is found in the case of one of the Gastein springs. The water of this spring has an electrical conductivity of

31.9, therefore far excelling ordinary distilled water in this respect, and hence, according to our proposition, its use should demonstrate the poisonous nature of pure water. By a most strange coincidence, from the oldest times, for hundreds and hundreds of years, this spring has been known as the *Giftbrunnen*—the 'poison spring.' Its water is never drunk, it is commonly regarded as poisonous, although no chemical examination of it—and they are almost innumerable—has yet been able to detect the slightest trace of poisonous substance. Its poison lies in the fact of its extreme purity! This, we know, is a proposition that nobody will take in earnest—still it is devoid of anything wonderful in a physiological point of view, and furthermore, it is borne out by fact."—*Homœopathic Recorder*.

HINTS.

Natrum mur. 6 is the best remedy for the bad effects of quinine—and those bad effects are not few.

Aralia rac. 3 will cure coughs and shortness of breath that come on only after lying down, and sometimes after the first sleep, before morning, or the early morning.

It is said that in coryza, bad colds, grippe, catarrh and all that pleasant outfit there is nothing better to loosen up than ten to twenty drops of the tincture of *nepeta catarrica* in hot water every hour. It is harmless, being old fashioned "cat nip." It is good too, for colicky babies.

Narcissus 1 is highly commended for the common bronchial coughs that so often linger after a bad cold.

Dyspeptics, or those who cannot eat anything without severe distress at the stomach, can eat No. 4 Food with impunity and a short course of it often permanently cures them. No. 6 Food is also of great value in all cases of diabetes. You can get it at homœopathic pharmacies.

If your hearing is getting bad, *Mullein Oil* may remedy it. Put about five drops in ear, or ears, on retiring. A pledget of cotton saturated with the *Mullein Oil* will give quick relief in earache. The genuine *Mullein Oil* is $\frac{1}{2}$ reality not an oil but a dark colored liquid obtained by sun-distillation of the bloom of the Mullein; its odor resembles somewhat that of rose-scented snuff.

OBITUARY.

Death has made another break in the ranks of those earliest associated with the work in the Hospital. The last mail from China brings the sad news of the death of Miss Jessie Thompson, who was the first Lady Superintendent, and endeared to many by her personal character, her loving service during the trying days before the Hospital was ready to be opened, and the Christian devotion she brought to the work which has left its stamp on all she did for nurses and patients, and whose influence still abides for good.

Never very strong, the severity of the Chinese climate told upon her. She was taken suddenly ill on October 4th and passed peacefully away on the morning of the 7th only regretting "she had not done more for Jesus." The friends who were associated with her in the work of the China Inland Mission at Ta Fong write that she had greatly endeared herself to workers and natives alike.

She was buried in a beautiful spot outside the city, sixteen Chinese carrying the coffin to the grave a mile and three quarters, accompanied by natives, Christians and friends in the work, who greatly deplore her early removal from the place in which she was so much needed and beloved.

Loving memory of her sweet and unselfish life will long be cherished by all who knew her.

“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."

LIFT THE DEBT

AND LET THE MANAGEMENT HAVE A
CHANCE TO WORK FREELY.

To the Editor *Homœopathic Record* :

SIR,—We urge upon the friends of Homœopathy the immediate importance of relieving the Hospital from its load of debt, which is seriously impeding its usefulness and causing the management much anxious thought. The internal economy of the Hospital is now in a very satisfactory condition. Miss Kent has proved herself a thoroughly capable Lady Superintendent, and her management of the Hospital and Nurses Training School all we hoped for. Dr. Weirick, the House Physician has entered on his duties with enthusiasm, and much encouragement is felt in knowing that patients are in such good hands. Mr. Bain, the Secretary, has begun his canvas for subscriptions and is meeting with fair response. It is hoped that his appeals, especially to our own adherents, will be prompt and generous, as the revenue from this source should be at least double that of last year to ensure running expenses. The attendance at the outdoor department is improving. The private wards have been well patronized by our own and outside physicians, and the capacity of the free public wards has at times been fully taxed.

The Ladies' Auxiliary are doing nobly and affording material aid in Bazaars and other ways, but not until the Hospital is in receipt of a certain annual revenue from subscriptions alone of at least \$3000, can the managing committee feel at all easy in their onerous duty. If assured of sufficient revenue, the debt might be consolidated and carried; but it is now felt that the time has arrived when the public at large, and friends of Homœopathy in particular, should, in seeing the good work already accomplished, recognize the greater results possible if the debt was entirely removed and ample provision made for future running expenses. We need about \$4000, to pay off mortgages and accumulated interest, and \$2000 for floating debt, in all \$6000. This is a comparatively small affair when circumstances are considered, but it means the difference between ease, prosperity, complete success, and discouragement.

We are also much in need of better accommodation for our loyal little band of nurses, but cannot even consider, much less incur, any responsibility in connec-

tion with the proposed Nurse's Home until the pressing obligation of debt is removed.

In fine, we want \$6000 to free the Hospital from all debt, an annual subscription list of at least \$3000, a Nurses' Home provided and equipped free of debt, and when these are supplied, the Montreal Homœopathic Hospital will be fitly furnished for its useful work. Who will help by recording another name on the roll of generous benefactors?

SAMUEL BELL.

President, M. H. H.

Montreal, 15th Nov., 1899.

THE PEPSIN CRAZE.

If some charlatan would put upon the market a brand of ostrich pepsin, it would quickly attain great celebrity, and would boast of the endorsement of any number of persons who had realized good results from its use, even though it might be nothing more than powdered starch or sawdust.

Morro's experiments showed long ago that the element lacking in the dyspeptic stomach is not pepsin, but hydrochloric acid, and his observations have never been shown to be faulty. The writer has carefully studied the results of more than a thousand chemical examinations of stomach fluids, made after the methods of Hayem and Winter, and has to record that in less than one per cent. of these cases has there been found any deficiency of pepsin. Unless the peptic glands have been destroyed by cancer or some other degenerative process, pepsin is present in sufficient quantity to do all the work required of it.

The fact has been before the medical profession for years, and yet we go on prescribing pepsin in all its combinations for our patients from mere force of habit; or do we use it as a mind cure?—*Modern Medicine*.

My dear allopathic confrere, why are you so very simple that you leave us homœopaths with this enormous advantage over the *best* of you? Any little homœopathic David can overcome the greatest allopathic giant if he will only keep to his *Materia Medica*, and the directions of Hahnemann. And the good thing lies so near, and is constantly thrown at you. If we homœopaths were only to make a secret of our art, you would petition the Government to purchase it of us.—*Burnat*.

INFANT FEEDING.

(COMMUNICATED.)

The subject of infant feeding, by artificial means, is one which confronts every mother at some time—and it is always a problem more or less serious. Mother's milk is of course the ideal food for infants, but when it becomes necessary to employ a substitute the substitute should approach the natural in its constituent elements and general characteristics as closely as possible. Undoubtedly the most available food for this purpose is cow's milk; but even this must be modified before it is suitable for infantile feeding, the degree of such modification depending upon the age and constitution of the child. In the following table the comparative or percentage composition of the three principal constituents of both human and cow's milk is set forth:

	Human.	Cows.
Nitrogenous Constituents.	Casein and Albumen	3.29 5.10
Fats	2.65 1.30
Sugar (i. e., Milk Sugar)	4.35 1.00
Salts20 .50

From this table it will be observed that the percentage of casein and albumen (nitrogenous constituents) and the fats is far greater in the cow's milk than it is in human milk, while the percentage of milk sugar is much greater in the latter than in the former. Not only does this difference in the relative proportion of these constituents obtain, but there is likewise a difference in their relative digestibility; the casein constituent of human milk being more readily digested than that of bovine milk.

Here, as elsewhere, the casein is the principal nutritive element of the milk, for it, in conjunction with some mineral salts, supplies primarily the material from which tissue cells are formed while the fats serve in the economy largely as conservators of heat.

Milk sugar, on the other hand, is primarily a heat producing agent, a condi-

tion most essential to infantile existence.

From the foregoing it is self-evident that the object to be obtained is the reduction in the percentage of casein and fats, and an increase in the percentage of milk sugar. This end is obtained, first by diluting the milk (with water), which reduces the percentage of casein, fats and milk sugar alike, and secondly, by adding a sufficient quantity of milk sugar to the diluted milk to bring the percentage of this constituent to conform to that found in human milk.

For this purpose cane sugar is frequently employed; but here its use is a fault, since the physiological process involved in its further elaboration in the body is a decided tax upon a delicate organism. By abstraction of excessive watery elements from the tissues in general cane sugar causes profuse urination, and used in larger quantity still it also, for a similar reason readily induces diarrhoea.

It is patent from the foregoing, that cane sugar as an ingredient in preparing infant foods is to be avoided.

The general supposition is that sugar is added to milk for infant feeding simply to make it more palatable, and that for this purpose cane sugar is as serviceable as milk sugar. This view, however, is erroneous. Milk sugar is a normal constituent of milk, and it serves a definite physiological purpose in the organism, which purpose cannot be subserved by ordinary cane sugar.

In the use of milk sugar one important fact must be borne in mind, and that is, that only a pure article must be employed. Much of the product found in ordinary commerce has not been sufficiently refined to eliminate all of the animal matter, and when such matter is present it is often partially decomposed; and when milk sugar of this character is ingested by so delicate an organism as an infant it is apt to produce some toxic symptoms. Therefore, in the selection

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of this commodity care should be exercised to obtain one which is wholesome and reliable.

Formulae for the preparation of infant foods will follow in subsequent number.
—*Homœopathic Envoy*.

COLDS AND THEIR TREATMENT.

BY C. G. WILSON, M.D., CLARKSVILLE, TENN.

Some people do not take cold. Some on the other hand have a natural predisposition to take cold on every occasion. They have very sensitive mucous membranes and any chill of the surface of the body immediately causes a congestion of those mucous tissues; then an increased secretion from those tissues—in fact, a cold.

To prevent taking colds one must lessen the sensitiveness of the mucous membranes of the body. One has to avoid all foods, drinks and habits that cause irritation of the nose, throat, bronchial tubes and alimentary canal. So one must avoid smoking, drinking very hot drinks, coffee or eating condiments, peppery food, etc. To lessen the susceptibility of the skin to changes in temperature nothing equals the daily morning chest and throat bath. The water should, be as cool as can be comfortably borne and the rubbing afterwards be energetic so as to cause the skin to glow with the increased circulation. Keeping oneself cool by light dressing and by not staying or sleeping in a room that is close or overheated will help prevent taking cold.

The easiest way and probably the most common way of taking cold is to take a walk until one is in a gentle perspiration and then sit in a room that has been shut up for days, or in one that has temperature only a little lower than the outside atmosphere. If it were much colder, one would protect oneself naturally. But it being only a little cooler no attention is paid to it until one finds oneself sneezing or a little shivery, when one recognizes the beginning of a cold.

The best way to cure a cold is to take a dose of *Aconite* 2x every half hour from the time one first feels the premonitions of a cold until ten or twenty doses are taken. This is not the common *Aconite* of the drug stores, but that obtained from a homœopathic pharmacy or a homœopathic physician. The drugstore *Aconite* is not prepared like the homœopathic *Aconite*, nor are the results alike. If one expects the best results one must use the properly prepared remedy. After *Aconite*

has been faithfully used until the first symptoms of a cold are relieved, take one of the following remedies as needed for the part affected:

If there is much running of clear water from the nose, accompanied with much sneezing, use *Allium cepa* 3x every half hour till better.

After the secretion has thickened some, if there is any thirst, headache in morning or any soreness of mouth or fever sores, take *Nat. mur* 6x every two hours till well.

If no thirst, but general lack of appetite with weak digestion, especially for pork, if bad taste in the mouth in the morning and if cold is worse in a close warm room, take *Pulsatilla* 3x every two hours till well.

If the throat becomes affected as shown by a hoarse voice or cough, fold a handkerchief as for Blindman's-bluff, dampen it in the middle and tie it about the throat so that the damp place is over the wind-pipe. Keep it on and damp until all hoarseness disappears. At same time take *Hepar sulph.* 2x every hour till better.

The use of Quinine for colds is a mistake, for though it often affords temporary relief it does not cure the cold and renders the cold much harder to cure at last.
—*Homœopathic Envoy*.

HEROIC TREATMENT.

"If I ever did swear I believe I could use some strong words in reference to this execrable expression. The milk of human kindness in my nature has recently been coiled and soured by hearing a stripling in the profession boasting of having used "heroic treatment" in a case that had died—died heroically, perhaps, from the heroic stupidity of his doctor.—F. H. Orme, M.D., Medical Century.

Natrum muriaticum will cure where the leading symptoms are melancholia, a peculiar brooding, sadness, depression of spirits, accompanied with diarrhoea or constipation. The keynote is watery eyes, profusion of tears, frothy coating on the tongue with "bubbles" on the sides. The last two symptoms you will find running through a multiplicity of complaints. Always remember the dry membranes; dry, because the water is continually being drawn away, on account of a lack of Sodium Chloride. Give it in *high potency* and you will make some brilliant cures.—Dr. Horace T. Dodge in the *Clinique*.

HOUSEKEEPERS' SALE
AFTERMATH.

CASH CONTRIBUTIONS.

The following names were omitted from the list of contributors to the Bazaar published last month.

Mrs. R. Armour.....	\$ 2 00
Mrs. W. Sanders.....	2 00
Mrs. Ellis Dickson.....	1 00
Mrs. A. Geo. Olney.....	1 00
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Contributions of fruit from Mrs. R. B. Capon, Mrs. Jos. Farrar, Mrs. Robt. Cowan, Mrs. W. Y. Reid, Mrs. Thos. Scott, Mrs. E. J. Renshaw, Mrs. Geo. Ellis, Mrs. Mingie, Mrs. John Murphy, Mrs. J. M. McLachlan, Mrs. I. Collins, Miss Morkill, Mrs. Woodley, Mrs. C. C. Conielle, Mrs. Curtis, Mrs. W. B. Bakie, Mrs. F. E. Grafton, Mr. Green, Mr. G. A. Hayden.

BAZAAR RECEIPTS.

Fancy work table.....	\$ 98 53
Dolly Sandham's table.....	45 95
Preserved fruit.....	38 90
Tea room.....	16 60
Candy table.....	35 00
Cake table.....	15 50

Sale of tickets, toys, &c., up to date, makes a grand total of \$363.90 after paying all expenses.

Mrs. R—, aged 56, came down with La Grippe soon after recovering from an ordinary attack of facial erysipelas. She presented the usual symptoms and course of epidemic influenza from which she made, apparently, a good recovery. Subject to heart palpitation, due to a slight dilatation of years' standing, this again troubled her. *Digitalis* 2x and *Lycopodium* 3x, for a general flatulence, controlled the symptoms and gave her tolerable comfort for two or three weeks, when she became worse and unable to sleep.

She felt as if some power restrained the heart from beating, with a distressed feeling above the left hypochondrium. *Catus* 3x, a few doses a day for three days, entirely relieved the annoying palpitation.—B., The Clinique.

Those who are naturally cold, shiver, etc., are often benefited by *Natrum mur.* 6th or 30th.

NOVEMBER DONATIONS.

Mrs. Edward Packard, magazines and preserved fruit.

E. E. Busby, vials.

Mr. S Bell, cake and preserves.

Mrs. S. Bell, old linen.

The Ladies (from Bazaar), preserved fruit and pickles, candy for nurses.

Mr McLean, preserved fruit.

Mr. Kent, through Miss Marie Robertson, 10 lbs. butter.

Mrs. Frank W. Smith, children's clothing.

If any donations have been overlooked in the above acknowledgments it is owing to the temporary absence of Miss Kent, when it is possible a correct record may not have been kept. If, however, the names are sent in, donations will be acknowledged in the next number of the Record.

Homœopathy is the healing art, founded on the discovery of Hahnemann, that a drug that can produce a symptom or a group of symptoms in a healthy person will cure the similar symptom or a group of symptoms when occurring in the sick. The totality of the symptoms constitutes together the true and only form of the disease. The homœopathic *Materia Medica* is the record of the effects of drugs upon a healthy person. In prescribing, the true homœopathic physician first ascertains all the symptoms of the patient by the most careful investigation. He then searches the *Materia Medica* until he finds that drug which beyond all the rest produces symptoms most nearly like those of the patient. This drug is the homœopathic drug for that case. As no two cases of sickness are exactly alike, it will be seen that the process of ascertaining the right remedy involving the health and possibly the life of the patient can not be accomplished hurriedly and in a few minutes, but requires time, and in complicated and especially chronic cases considerable time, study and careful thought. It is a painstaking work.—*Biegler*.

✻ Purchasers should mention the Homœopathic Record to encourage our generous advertisers.

The one vital principle of homeopathy is expressed in the formula "*Similia Similibus Curantur*," and while the current practice may vary somewhat among individuals, in the main homeopaths are to-day the world over practicing Homeopathy and to a man will respond to a test of belief in the law. Upon what common ground, except the abuse of Homeopathy, does the regular school stand? How many regulars will agree about the prevention, cause or cure of the simplest disease! Only a few weeks ago one of the foremost physicians in their school in Europe declared that their treatment had never succeeded in aborting a disease when it had become established. Then why talk about the "pretentions" of other schools?—*Dr. J. H. Mackay.*

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