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MONTREAL Homœopathic Record

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

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THE CONTAGIOUS DISEASES HOSPITAL.

One good effect of the appearance of a few cases of small pox in the city after a complete exemption from it for something like a dozen years, has been the clearing up of the muddle in connection with the administration of the Civic Hospital for the treatment of contagious diseases. The absolute necessity for building space in which to care for the small pox cases has caused the management of the Montreal General Hospital to retire from the portion of the civic hospital which for over a year it has persisted in retaining upon a technicality, but nominally upon the ground that Protestant diphtheria and scarlet fever required different treatment from the Roman Catholic or non-sectarian kind. We have had the spectacle of a contagious diseases hospital for the treatment of scarlet fever and diphtheria managed by two sections of the same school of medicine, but divided upon the question of sectarian belief. One end of the building received the Catholic patients, and the other the Protestant. Something over a year ago the Health Committee of the City Council decided that such management of the Civic Hospital

was both foolish and expensive. In the interest, therefore, of economy, it was resolved to conduct the Hospital on a purely non-sectarian and civic basis, under the control of the City Medical Health Officer. Acting on this idea the authorities of the Notre Dame and General Hospitals, who had been in charge of the respective departments, were notified of the Health Committee's intentions and requested to vacate. Only the Notre Dame complied with this request, the Montreal General declining to vacate, on the ground that as they had been given in charge by the City Council no mere committee of that body had power to remove them. In the section vacated by the Notre Dame authorities, the Catholic end, the city established a purely non-sectarian hospital, visited by Protestant or Catholic clergymen at the wish of the patient, and a majority of the staff being Protestant. This state of affairs, a non-sectarian and a Protestant section, then existed for about a year, during which time, in consequence of it, the city was absolutely without a proper place in which to treat measles, which for a great deal of the time was prevalent. The advent of several cases of small pox, and the necessity for a place in which to treat it properly, the civic authorities in the meantime having to care for the developed cases in tents, evoked the necessary action by the Council, and the staff of the Montreal General retired.

The city health officer has therefore now been placed in a position to properly and economically deal with contagious diseases, and it is to be hoped that he will see to it that the citizens

have no cause for complaint either on account of neglect or incapacity on the part of his staff.

WEIGH THE BABY.

ITS IMPORTANCE INDICATED.

Dr. Rotch, the great Boston authority on children in disease or health, says: "The systematic and frequent weighing of infants is far more useful as a means for determining their nutritive condition than any one method which we know of. The weight is, in fact, an index of the nutritive processes to such an extent that it is representative of the child's well-being, while the height gives us information rather as to its cellular activity." Parents are naturally anxious as to the physical progress of the newly arrived infant. A great difference exists in babies. Some grow rapidly and the progress is easily observed, while others grow equally as well, but the advance is not as readily determined. The surest and safest plan is to weigh the baby at stated intervals, say once a week during the first six months, and once in two weeks thereafter. A suitable pair of scales can be purchased at a moderate cost. During the first three days there is a loss of weight. This is not regained until about the third week. Once the original weight is regained a loss of twelve ounces or more denotes a departure from the normal and requires immediate attention. Investigate the diet. Is the baby receiving the proper food? Does the mother's milk agree with it? A child in good health should gain four ounces a week during the first five or six months. The original weight should be doubled at five months, and trebled at fifteen months.

The length of the newly-born child is about sixteen inches. Growth is quickest in the first week of life. There is an increase in the first year of from 5 to 6½ inches; in the second from 2¾ to 3¼ inches; in the third from 2¼ to 2¾ inches; in the fourth about 2 inches; and from the fifth to the sixteenth year the annual growth amounts to 1½ to 2 inches. Of course these are the average figures, and deviations may exist and still the child retain good health.

A. R. GRIFFITH, M.D.

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HOSPITAL ACKNOWLEDGEMENTS.

A WORD OF APPRECIATION FROM THE LADIES' COMMITTEE.

DEAR MR. EDITOR.—I should like to make an apology through your paper for an omission that may have occurred to acknowledge donations during the months of July and August, or previously. Our Ladies' Committee has been few in number, and although for that reason ought to have been more zealous, I fear we may possibly seem ungrateful. There are many acts of kindness, gifts to the nurses, remembrances when away on holidays, a treat shared with each other, a desire to make a "home" of our hospital, all these are fully appreciated by the Committee, and they desire to thank all the friends who anonymously or otherwise have contributed to the comfort of the inmates of our Home for the Sick.

Yours sincerely,

G. D. PHILLIPS,

Vice-President.

DONATIONS DURING AUGUST.

Blackberries and cream for nurses, Mrs. A. R. Griffith; barrel of sugar, St. Lawrence Sugar Refining Company; four palm-leaf fans, no name; a step ladder, Dr. H. M. Patton; a basket of apples, old linen, empty vials and magazines, a friend; empty vials, old linen, soup and coffee, Madame A. Hebert; one dozen charlotte russe, Mrs. E. Doran; melons, fruit for private patients and melons for nurses and servants, Mrs. W. E. Phillips; empty vials, Mrs. David Shaw, Mrs. Hawkins; flowers, Mrs. Shorey, Montreal Flower Mission, four donations; Women's Christian Temperance Union, two donations, Mrs. Sheffield.

HOSPITAL WANTS.

Bed trays with legs; old linen; bath towels and empty vials.

SNEEZING.

Sneezing is averted by pressing the upper lip, which deadens the impression made on one of the branches of the fifth nerve, sneezing being a reflex action excited by a slight impression on that nerve. Sneezing does not take place when the fifth nerve is paralyzed, even though the sense of smell is retained.

THERAPEUTIC NOTES.

Sore throat, especially worse on the right side, is an indication for *Podophyllum*, as well as *Belladonna*, the presence of high temperature distinguishing the latter. When soreness of the throat commences on the right side and passes over to and involves the left side *Podophyllum* should be remembered as well as *Lycopodium*. In the muscular system as well as the fibrous structures about joints *Podophyllum* exercises considerable influence, and rheumatic symptoms are quite numerous. This would seem to be another confirmation of the opinion that rheumatism is sometimes of hepatic origin, for this drug has a most decided action on the liver and the portal circulation.

Eupatorium as well as *Bryonia* cures when the head or chest is made so painful by coughing that the patient is obliged to support either of these localities with his hand during each paroxysm.

Aconite is the time-honored remedy for uncomplicated fever, but this will sometimes fail and the fever persist for days, slightly remitting; then *Sulphur* is the remedy, and it will not fail you.

The mental symptoms of *Nuxvomica* are strongly marked when the subject for this remedy suffers from gastric, hepatic and intestinal disorder. The irritable and morose mood, scolding, fault finding and readiness to quarrel upon the slightest occasion, grumbling upon every subject and a disposition to look upon the dark and discouraging side of everything may be noticed during a short conversation with the patient; but if this disposition is suppressed out of deference to the medical attendant, the family and friends can amply testify to what they have to endure daily from such an individual.

Sulphur is considered the classic remedy when there is a sense of gnawing hunger in the stomach, and which requires food to relieve it, even if it is only a small quantity; but it is not peculiar to this drug, for the sodium salts, *Natrum sulph.* and *Natrum carb.*, also have this symptom; and *Phosphorus* has constant hunger, often requiring the patient to rise in the night and eat to satisfy this craving. A ravenous appetite is found under *Ferrum*, and continuous hunger is found to exist in the patient calling for *L-dine*, but yet a persistent loss of flesh occurs.

Ice cream in numerous instances is eaten at the conclusion of dinner or too frequently during the hot season; some-

times this causes a gastric catarrh with many of its attending gastroeses. In such cases *Pulsatilla* more often than another will remove this. Of course this is understood to mean the presence of its own indications and absence of others.

Cases are sometimes met with in infants or very young children who without apparent reason waken after a few hours' sleep, "wide awake," as the saying is, and who cannot be gotten to sleep again for a very long time. There seems to be no appreciable reason why they should do so, as they are apparently well. *Cypripedium* often banishes this tendency. When this occurs persistently about 2 or 3 a. m., *Nuxvom.* might be the curative remedy.—C. H. Evans, M.D., in *The Clinique*.

WHEN AND HOW TO BATHE.

Dr. Cyrus Edison, ex-President of the New York Board of Health, writes concerning bathing, in *June Ladies' Home Journal*: "A cold douche or any form of shower bath should not be used when a person is tired or exhausted from any cause, as the reaction, on which the shock depends for its beneficial effect, does not follow effectually when the system is tired.

"The result of the shower in such a case is apt to be internal congestion, which may be disastrous. It does not follow, however, that a perspiring person should not bathe until cooled off. As a matter of fact, if the person is not exhausted, the fact that the pores are open is rather advantageous than otherwise, as the reaction is enhanced and will probably follow more energetically. A bath should never be taken within two hours of a hearty meal. The first effect of immersion in warm or in cold water is to seriously derange the digestive process if that is progressing at the time, and by a physiological effect that naturally follows, to unbalance or derange the whole nervous system. The result of this is extremely dangerous to the bather. There are numerous instances of severe illness and even of death, caused by bathing while the stomach was full."

TO TEA DRINKERS.

If you have any of the following symptoms, viz: trembling, insomnia or a frequent desire to relieve the bladder, change your drink. Tea not infrequently contains a poisonous salt of copper.

HINTS.

Congestion to the head, *Aconite*.

Eyes red, inflamed, painful on moving the eyeballs, lids feel dry and burn, *Aconite*.

Convulsion of teething children, *Aconite*.

Heat, thirst and restlessness, *Aconite*.

Neuralgia following exposure to dry cold winds, *Aconite*.

Rheumatic pains in the muscles of the neck and back, feeling of stiffness and contraction, *Actea racemosa*.

Constipation with hæmorrhoids, *Esculus hipp.*

Constant backache with hæmorrhoids, *Esculus hipp.*

Chronic granular eyelids; thickened eyelids, dry and burning, *Alumina*.

Point of nose cracked, *Alumina*.

No desire or ability to pass stool until there is a large accumulation, *Alumina*.

Itching red ears as though they had been frosted, *Agaricus*.

Skin burning, itching and red, as though frost bitten, *Agaricus*.

Stoppage of nose at night, must breathe through the mouth, *Ammonium carb.*

Asthmatic cough, as from dust in the throat, shortness of breath on the least exertion, *Ammonium carb.*

Fat persons with short breath are often benefitted by a course of *Ammonium carb.*

Gastric catarrh with white tongue, *Antimonium crud.*

A milky white tongue is always a symptom suggestive of *Antimonium crud.*

Skin eruptions characterized by unbearable itching call for *Mezereum*.

Flatulent dyspepsia, everything turns to wind, *Nux moschata* 30.

Dyspepsia with flatulence, constipation, water brash, cold hands and feet, *Lycopodium*.

Nocturnal itching of the feet, *Ledum pal.*—*Homœopathic Entoy.*

A solution of fifteen grains of boracic acid to the ounce of water, applied three times a day with a camel's hair brush, is said to be very efficacious in styæ.

SIMPLE MASSAGE.

IT IS AN EASY AND EFFICACIOUS TREATMENT
—WILL STRENGTHEN AND BEAUTIFY THE
BODY AND RUB EITHER DEW-LAPS
OR DOUBLE-CHIN OUT OF
EXISTENCE.

A physician of high standing says that he thinks massage will be used far more in the near future than it is at present, and he instructs the families under his charge in the art of massaging each other. When practicable he advises every one who wants the massage to first be massaged by some good operator and thus learn just how it feels; but he gives instructions that alone fit one to do this work more intelligently than it is performed by many who pretend, and only pretend to know the business.

A general treatment should begin with the feet the subject lying down; each foot should be taken and rubbed and squeezed, all the time rubbing and squeezing up, just as if you were trying to send the blood out of it toward the heart; all points throughout the body should be manipulated between the palms of the hands; the legs must be gently kneaded, the abdomen and stomach follows; kneading of the stomach is one of the most successful ways of relieving indigestion, but it is often done too roughly; it is a good general rule that when massage is agreeable it is also beneficial, and when disagreeable it is injurious. Strength and gentleness must go together in all the movements, if one particular method of handling, particularly the stomach and abdomen, is more agreeable than another, that should prevail; the hands and arms are treated just as are the feet and legs, all these movements uniformly tending upward, after this the patient turns on his face and the back is kneaded along both sides of the spine throughout its length; the palm of the hand is used flat on back and abdomen; the muscles of the limbs are grasped, and after the back is treated the chest is gently tapped and pressed with the ends of the fingers.

Massage of the face cannot be completely taught without visible illustration, but a few useful movements can be described, and nothing further should be attempted by the novice; with the fingers the face, from the corners of the mouth, should be softly rubbed up and outward, this tending to prevent the hard line that often settles from the nose down as the cheeks tend to fall inward;

the forehead can be rubbed with the fingers from the centre toward the temples; for a double chin one simple movement is invaluable, no one need have a double chin; but the remedy should be resorted to early, as in later life the skin loses its elasticity and it is better to have a double chin than a dew-lap; rub under the chin with the fingers, beginning under one side and drawing them out at the other; this done first with one hand and then the other makes many strokes a minute possible, and the flesh under such treatment will soon begin to visibly lessen. Much can also be done to reduce the stomach and abdomen in the same way, a rotary movement being most effective.

In all massage it is well to oil the hand with cocoa oil. In cases of emaciation as much oil as the skin of the patient will absorb should be rubbed in in the course of the usual movements. Oil also tends to sooth nervous patients, and is often most grateful.

Massage is a mechanical and indisputable aid to circulation, and as in prostration and fatigue the blood ceases to flow in proper quantities through the arteries, and is drawn off to the veins in death the blood leaves the arteries altogether, the relief of restoring the equilibrium of the circulation is instantaneous. The Japanese regard massage as an indispensable feature of life, just as they and we look upon a bath as a necessity, and in this they are right and ahead of us.

Those interested in the homoeopathic treatment of diseases should read the 'Montreal Homoeopathic Record,' published monthly by the Woman's Auxiliary of the Homoeopathic Hospital, 44 McGill College avenue, which contains a great variety of interesting notes, notices and hints.—*Montreal Daily Witness*, November 5th, 1896.

Let Purchasers should mention the Homoeopathic Record to encourage our generous advertisers.

HOW TO STOP CRYING BABIES.

Though the sound of a baby's crying is never agreeable music, even to the most devoted mother, it has been held for centuries that this was an affliction from which there was no escape. It has remained for the trained nurse to discover a method by which babies are induced to hold their peace. As soon as a child begins to cry the nurse catches it up, holds it gently, and places her hand over its nose and mouth so that it cannot breathe. The crying ceases directly and the child is allowed to breathe freely again. Should it a second time attempt to scream the same simple and effectual method is applied. This is repeated till the baby imagines that the painful stoppage of the breath are caused by its own efforts to scream, and so is careful to keep quiet.

It is claimed that this plan works to a charm, and that the self-control exhibited by infants three months old, even in actual pain and distress, is something remarkable.

RECIPT FOR RHEUMATISM.

The following receipt has been found specially effective in stubborn cases of rheumatism. One new egg well beaten, half a pint of vinegar, one ounce of spirits of turpentine, half an ounce of camphor. These ingredients must first be beaten together thoroughly, then put in a bottle and shaken for ten minutes, after which it should be corked tightly to keep out the air. In half an hour it will be ready for use. It should be applied three or four times a day, and for rheumatism in the head it should be rubbed on the back of the neck and behind the ears. It will keep for an indefinite time, and, in fact, is rather improved by age.

For burns crude petroleum poured upon the burned surface and covered loosely with cotton will subdue the pain almost at once.

“RADNOR”

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

LOOK OUT FOR YOUR EYE.

The possibilities in the eyebrow and eyelashes are just becoming appreciated. Buffon, the naturalist, placed the eyebrow next the eye in importance in giving character to the face. The brows are a shadow to the picture, eyelashes also contributing their relief.

The slight elevation of the under eyelid produces that languishing look which may be noticed in the Venus.

Sir Peter Lely once painted a picture of a belle of his time with long, languishing eyelashes and it immediately became the fashion for ladies to copy the sleepy, soft look as much as possible. Turkish and Circassian women use henna for penciling the eyes, while the Arabs blacken the lid with powder and draw a line about the eye to make it appear larger.

The Spanish grand dames squeeze orange juice into their eyes. The process is painful at first but the juice cleanses the ball and a wonderful brightness is the result.

The ideal brow is arched, through the Roman notion of beauty includes a small forehead and united brows. In Ovid's time the women cleverly painted their eyebrows so they should appear united. The perfect eyelid should form an oblong, for the large round eye indicates boldness and the small circular one pertness. Lashes should be long and silky.

HOMCEOPATHY IN CONSTIPATION.

"The principal remedies for chronic constipation are still those established by our great master Hahnemann—*Bryonia*, *Nux vomica*, and *Opium*. I will do no more than allude to the principal characteristics of each, *Bryonia* is the most generally useful in cases complicated with sluggish or irregular action of the liver, *Nux vomica* suits cases attended with headache, foul tongue, cramps in the limbs, and disordered stomach. *Opium* for simple sluggishness of the bowels, without much dyspeptic disorder. It seems also peculiarly adapted to females. As to dose I have never seen much benefit derived from the lower dilutions."—*Baile*.

Cimicifuga in dysmenorrhœa is valuable when the menses are scanty and delayed with much depression of mind, and nervousness at that period.

NURSES WANTED.

There are several vacancies in the nursing classes of the Phillips Training School. Those who are desired are ladies of refinement and fair education with good sound health and strength. Added to these qualifications there should be a love for the occupation and a genuine desire to be useful to others. With these advantages fully utilized, success as a trained nurse is an assured thing. Application should be made to the Superintendent at the Hospital, 44 McGill College Avenue.

OCTOBER SALE.

The reported glut in the fruit market is a capital thing for those ladies who have not yet been able to put up anything for the October sale. Even those who have put up something, should be tempted by the lavish display of fruit that is made by the grocery and fruit men to add to what they have already provided. The beautiful weather which has been enjoyed since September came in, has induced many ladies to prolong their stay in the country and at the seaside. This fact should cause an additional effort by those who are here, to avail themselves of the opportunity now offered.

DIVISION OF PROFITS.

A bushel of corn is said to make four gallons of whisky. The farmer gets forty cents, the railroad one dollar, the Government three dollars and sixty cents, the manufacturer about five dollars, and the saloon-keeper six dollars out of the sixteen dollars for which it is sold, while the drinker gets the refuse and—delirium tremens.—*Medical Age*.

Many a woman's ruin is due to the old idea that a woman can safely leave her bed on the tenth day after confinement.

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