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MONTREAL Homœopathic Record

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

Vol. VIII. No. 11.

MONTREAL, NOVEMBER, 1913.

25 cts. A YEAR.

Montreal Homœopathic Record

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THE PAST YEAR.

The past hospital year which closed Oct. 31st has been one of more than usual interest, and will probably rank as the most eventful one in our history, in regard to amount of work accomplished, and number of improvements made in the hospital building.

In the reports to be presented to the annual meeting of the governors on the 26th of this month will be shown the extent of the expenditure in the direction of improvements. Beginning with the painting of the whole interior at a cost of \$550, we have wound up with a material transformation of the diet kitchens, main kitchen, and laundry, and have added to our coal storage room by the erection of a large exterior shed. Communication between the main building and the maternity annex has been established on all three floors, and the idle space formerly occupied by the light shaft has been utilized throughout its length. Air and light have been admitted to the basement and new means of exit from laundry have been provided. Hardwood

floors have been laid in two large private wards, and in the main and diet kitchens.

Alterations and improvements to the plumbing to the extent of \$250 have been made throughout the hospital, and an extra sum of \$225 has been expended in additional interior and exterior painting. Electric bells have been installed in all the private wards, and electric light has been furnished to many of the private and semi-private wards.

The cost of the various improvements and alterations will fall little short of \$1,500, about half of which sum we have been enabled to pay off ere the year closed. Much of the work that was done should have been undertaken long ago, and much of it might have been saved had we had our present experience when the new hospital addition was erected.

We have now, so far as our means will permit, a fairly convenient working institution which, with a few additions and alterations, could be made one of the model hospitals of the land. For instance, the extension of the side galleries would give room for additional surgical facilities now much needed. The purchase of the house adjoining the maternity annex would give us a Nurses' Home as well as two more extra large private wards. The fitting up of the large roofs would give us sun parlors and convalescent wards, which the erection of a first-class elevator would render of easy access.

The rapid and phenomenal growth of our hospital is a matter for congratulation to all the friends of homœo-

pathy, and while we are not enabled to devote ourselves as we would wish to purely charitable work we contend that no more potent advertisement of the homœopathic school of medicine exists in our province to-day. The name and fame of our hospital and its nurses have done more to attract attention to homœopathy during the past five years than all the glorious efforts of the homœopathic pioneers of the past half century. Our institution is thus worthy of your support and interest, and in helping it you are using the most powerful means of furthering the interests of the cause you have nearest to heart. Strengthen the hands of the management with your sympathy and purse, and enable it to place and keep our hospital, like the system of medicine it represents, ever in the front rank of institutions for the relief of sickness and suffering.

PHYSICAL CONDITIONS FOR LONG LIFE.

By L. C. Washburn, M.D.

One should not be too large or too small, too tall or too short, too fat nor too lean.

The bones should be small and strong.

The skin should be thin, smooth and tough.

The body should be short and compact, rather than too long and loose.

One should be very large around the chest.

The limbs should be small, hard and tapering.

The veins should be large, full and distinct.

The pulse should be regular, strong and slow.

With proper hygiene one should live five or six times as long as he is in getting his full growth. Some are grown at fourteen, others not till thirty years old.

Men do not often die of old age, so people of a good constitution ought to live one hundred years, and if an extra good constitution, may live to be two hundred years old.

Women who have passed the age of fifty years are apt to be longer lived than men.

Agreeable wedlock lengthens human life.—Med. Brief.

HOMŒOPATHICS.

An article in the Medical Century, under the above heading, by Dr. E. P. Mills, of Kansas City, concludes with the following interesting information:

"After all, the 'proof of the pudding is the eating thereof.' Does the experience of practitioners prove the law of similars true? The only answer that can be made is a comparison of the results. The Cook County Hospital of Chicago is governed by a board of commissioners, and the various schools of medicines have wards therein. The patients are sent to these several wards in turn according to a fixed ratio. Not very long ago the homœopathic staff applied for an increase in their apportionment, and backed their request by showing a three per cent. lower mortality rate than either the eclectic or allopathic wards. In other words, had the homœopaths treated all patients received in the hospital that year 500 lives would have been saved that were lost? As there was no favoritism shown either in the character of disease or their severity, but all shared alike, the test was a fair one. The request was granted.

In the cities physicians are compelled to report all cases of contagious diseases to the health boards, and as these boards were almost universally under old school control, there would be no suspicion of "doctored" records to favor homœopathy. An examination of these records undertaken some time ago under the direction of the American Institute of Homœopathy (the oldest national medical association in this country, by the way) revealed surprising facts. The following is from Dr. David A. Strickler, who directed the investigation:

Eleven cities reporting measles give allopaths 18,425 cases, with 725 deaths, mortality rate 3.99 per cent; homœopaths, 2,758 cases, with 22 deaths, rate 0.8 per cent.; or, of the 725 cases lost by the old school, 588 would have been saved by the new.

Eighteen cities reporting scarlet fever give allopaths 27,512 cases, with 2,378 deaths, mortality rate 8.25 per cent.; homœopaths, 4,603 cases, with 229 deaths, rate 5.19 per cent.; or, of the 2,378 lost, 1,057 could have been saved.

Query: Does homœopathy cure or does allopathy destroy.

Thirteen cities reporting typhoid fever give allopaths 14,313 cases, with 3,229 deaths, mortality rate 22.56 per cent.; homœopaths, 2,068 cases, with

316 deaths, rate 15.15 per cent. These figures are especially significant, as old school authorities contend that in this disease medicines have little or nothing to do in shortening or lessening its severity, and yet the allopaths lost 149 cases to the homœopaths 100.

In spite of present day antiseptics, thirteen cities reporting births give the allopaths 66,788 confinements, with 1,395 deaths from puerperal causes, mortality rate 2.09 per cent.; the homœopaths, 8,307 confinements, with 71 deaths, rate 0.83 per cent. This means that the allopaths lost proportionately nearly two and a half times as many cases as the homœopaths. Why this awful discrepancy against "scientific" medicine?

In nineteen cities reporting deaths from acute stomach and bowel diseases there was from the old school physicians, 20,605; from homœopaths, 1,511; the ratio being 13.63 to 1. The ratio between the two bodies of practitioners in the same cities was 6.64 to 1. To state the same fact differently the allopath signs more than twice as many death certificates from these causes than does his homœopathic competitor. These same nineteen cities report deaths from all causes: Allopaths, 140,180; homœopaths, 11,078; ratio, 12.6 to 1; the ratio of physicians, as before stated. That is the average allopath signs 19 death certificates to the homœopaths' 10.

We have been put in trust with our "law" and we ought to "let our light shine before men." If the people knew these facts would not they go where their chances of life were nearly twice as good as under so-called "regular treatment?"

TREATMENT OF COLD IN THE HEAD.

The hydropathic treatment of a cold in the head is more reliable than any other. It is as follows:—In the morning, after rising, and at night before retiring, wash the feet and legs as high up as the knees in cold water, then rub them with a rough towel, and massage them till the skin is red and glowing. In addition to this, cautiously sniff tepid water up the nose frequently during the day, and sip with a teaspoon a glassful as hot as can be borne an hour before each meal, and at bedtime. A few days is often quite sufficient for simple cases, and obstinate ones yield if the treatment is prolonged. No medicines are required. If taken in the first stages of the disease a cold is broken up which might otherwise become a severe case of bronchitis, lasting many days or weeks.—N. Y. Med. Times.

DEFECTIVE VISION.

Walter L. Pyle, in the International Medical Magazine, says that profound defect of vision may follow even the moderate use of stimulants in the daily dietary. Most prominent among the toxic amblyopias are those due to alcohol and tobacco. It is commonly believed that tobacco is the direct causative agent in most cases, the debility produced by the continued use of alcohol and general dissipation being predisposing causes. In considering the effect of tobacco on vision it is important to bear in mind the strength and quantity of tobacco used, the personal idiosyncrasy, and the fate of general health. The great essential in treatment is the discontinuance of both substances.

The chief symptom is a failure of central vision, both for form and colors. The patient complains of a mist before the eyes, which is most troublesome in a bright light. Peripheral vision may not be greatly altered, and there is not the same difficulty in seeing to walk about as is noticed in ordinary progressive optic atrophy. In certain cases taken early, complete abstinence may effect perfect recovery, but relapses are likely to occur if the stimulants are resumed. In cases in which the optic nerves are visibly blanched, the disease may be arrested and a partial recovery may occur. If smoking and drinking are persisted in, the amblyopia increases up to a certain point, and central vision is permanently lost, but complete blindness is not usual.

Cases of chronic amblyopia are on record in which coffee and tea have been considered the exciting agents. Excessive coffee-drinkers in the Eastern countries are said to frequently suffer from loss of vision similar to that seen in tobacco-amblyopia. It is said that experts employed in tea-ware-houses occasionally suffer from marked visual defects. Casey A. Wood includes, besides tea and coffee, chocolate and strong cheese, and certain rich foods and strong condiments may be added.—Med. Times.

According to a Philadelphia paper a Miss Death, daughter of an undertaker, was lately taken to the General Hospital in that city suffering from appendicitis. She was operated upon by Dr. F. H. Dye and placed in charge of a day and night nurse, the former being Miss Payne, the latter Miss Grone. In spite of this gruesome combination, the patient convalesced rapidly and was soon discharged.

THE PROOF OF THE PUDDING.

At the festival dinner of London Homoeopathic Hospital, Mr. Crespin, treasurer of the Melbourne (Australia) Homoeopathic Hospital, among other things said in his speech, as reported in the Monthly Hom. Review:

"During the thirty-four years he had been associated with Homoeopathy he could testify to its goodness. His father was a surgeon, and when he (the speaker) first joined the committee of the Melbourne Homoeopathic Hospital he was told he was a fool to be associated with such a quackery. But it was not quackery—and he had proved during his lifetime that it was one of the best scientific medical discoveries ever made for the alleviation of the suffering of mankind. As a proof he might say that the secretary of the Geelong Hospital had his daughter stricken with typhoid, and he asked the secretary of the Homoeopathic Hospital if he would take her and treat her at his hospital. They might think it peculiar that the secretary of an allopathic hospital should send her to a homoeopathic hospital, where she was completely cured. He had another instance. An old friend of his was taken very ill and the allopathic doctors said they could do him no good. He was advised to try Homoeopathy and would not, but as he was told he was going to die, he agreed to try it, and the result was that he was cured. That gentleman testified his gratitude for the benefits he had received by offering to build another wing to the hospital, and he gave £10,000 for that purpose—on condition that four rooms were reserved for paying patients. That wing now stood, and would stand as a memorial of the blessings of Homoeopathy. He (the speaker) was a strong believer in Homoeopathy and believed that the foundation of the system was right.—Hom. Envoy.

To remove from the breath offensive odors, such as are due to whiskey and tobacco, E. J. Kempf (Ind. Med. Jour.) asserts there is nothing more effective than 1 part of hydrogen dioxide in 5 parts of rosewater.

The oldest practising physician in the United States is said to be Dr. O. R. Skinner, of Freehold, N. J., who is in his 93rd year. He was a surgeon in the civil war. He is kept busy with his professional duties and answers promptly all calls.

HINTS.

For those subject to quinsy Baryta carb. 6 is a good remedy to ward off the disease.

Arundo maur. 3x, according to Dr. John V. Allen, will cure nearly every case of hay fever.

Aesculus and Hamamelis suppositories afford the quickest relief in cases of painful piles.

Arnica Hair Oil is one of the best hair oils one can use. It promotes the growth of the hair.

Nausea, vomiting of glairy mucus and especial disgust at the smell of food, Colchicum.

Marigold Cream is especially good in allaying the pain and inflammation of sunburn where the skin is raw. Where there is only the burning use Asepticon.

Hyo. yamus is a remedy for the delirium of morphinism.

L' Art Medicale reports cure of a case of rectal prolapse in a child two years old with Podophyllum and Aloe.

Nose bleed daily with pale face before attacks is an indication for Carbo veg.

Burning, smarting in eyes or throat. Capsicum.

Worry and anxiety without cause may be relieved with Aconite.

Dr. W. F. Taylor, of the Illinois Western Asylum for the Insane, finds Natrum mur. to be a good remedy for insanity resulting from overheating in the sun or from sunstroke.

If you have a severe contusion "black and blue," or a black eye, olive oil applied externally will cause it to rapidly disappear. Arnica 3 internally will also hasten cure.

Borax is a remedy for eczema of fingers and toes.

Vomiting and purging with rapid prostration in babies is a call for Arsenicum.

Yellow, watery stools, quick expulsion, Croton tig.

Fever, hot head, flushed face, drowsy, but does not sleep, sudden starts or rolling the head, Belladonna.

Child angry, crying, fretful, wants to be carried about, colic, Chamomilla.

Homoeopathic Envoy.



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FINANCIAL REPORT OF WOMAN'S
AUXILIARY FROM JUNE 17th
TO OCT. 1st, 1903.

Receipts—	
Miss A. E. Moodie (towards rent).....	\$100 00
	<u>\$100 00</u>
Disbursements—	
Miss M. Robertson (purchases) ..	\$3 00
Hodgson, Sumner & Co. account...	4 37
House linen (from England).....	313 55
Quilts (from England)	188 85
Henry Morgan & Co. account....	51 07
W. L. Maltby, rent nine mos....	240 00
	<u>\$800 84</u>

DONATIONS IN OCTOBER.

The Lady Superintendent acknowledges with thanks the following:

Miss Baneroff—Magazines.
J. Dick, Esq., Boys' Home—Repair of electric battery (\$12).

Woman's Auxiliary—1 double boiler, 2 frying pans, 1 roasting pan, 1 potato pot, 1 granite teapot, 1 dipper, 6 roller towels, 3 table cloths, 12 table napkins, 2 sauce-pans, 1 waste paper basket, 4 clothes baskets, 12 pepper and salt shakers, 1 milk jug, 12 cups and saucers, 12 plates, 1 tea kettle, 1 soup strainer, 1 sink strainer, butter pads, 2 wooden spoons, 1 potato masher, 1 can-opener, 12 teaspoons, 6 dessert spoons, 6 dessert knives, 1 beef-pounder.

SUBSCRIPTIONS AND CASH DONATIONS IN OCTOBER.

The hospital treasurer acknowledges with thanks the following:	
Geo. Durnford, Esq.....	\$20.00
Mark Fisher & Son. Co.....	10.00
American Presb. Church (Ben- evolent Fund).....	13.00
Montreal Daily Star.....	5.00
Total	<u>\$48.00</u>

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RECREATION.

On the evening of Oct. 7th the nurses gave a reception and informal dance to their many friends, the occasion being the graduation of Miss E. Scott, of the class of '03, who left the hospital to take charge of her first case in private nursing.

The board room and nurses' dining room were prettily decorated in blue and white, and adorned with palms and a profusion of flowers, through the generosity of friends.

The guests, to the number of 75, were received by the Lady Superintendent and the Medical Superintendent, whose duties were quickly accomplished as soon as the new arrivals caught the sound of the feet-tirring strains of the piano, and rapidly joined the merry throng in the joyous mysteries of waltz, two-step, etc.

The lack of wall flowers in the decorations was noticeable, but the few secluded nooks available seemed to have their usual quota of what appeared to the passing glance to be statuary, mostly in pairs.

The dispensary waiting room was transformed into a fairy bower, with flags, streamers, Chinese lanterns and flowers. A closer inspection, however, dispelled the fairy part of it, and brought to view the prettily decorated tables, laden with dainty and tempting sleep-destroying edibles.

The dancing, which was enjoyed by all till midnight, was interspersed with songs, piano solos, and artistically rendered whistling solos by one of the nurses. Everybody seemed to be having a royal good time, and at the close of the evening the guests gave voice to their feelings in a hearty vote of thanks to the nurses for the delightful entertainment.

The nurses desire to thank the many friends who kindly assisted them in many ways, among others Mr. W. H. Leach, for the use of the piano; Mr. Jas. M. Aird, Messrs. Westgate and Lewis, for generous contributions to the supper table; a lady patient whose kindness made possible the floral display, and many others whose efforts went far towards making the evening so successful.

The appearance of so many friends was ample evidence to the social popularity of our nurses, and may be taken as good proof of the probability of their professional success when their time for graduation comes around.

HOSPITAL NOTES.

HOSPITAL work for October was heavy, exceeding that of the same month last year by nearly one-third.

WITH the end of the hospital year Oct. 31st, all the repair and alteration work was finished up, and no more will be undertaken until after the annual meeting.

REMEMBER the annual meeting of the Governors to be held Thursday, Oct. 26th. Reports for the year will be presented, and officers elected for the coming year. Don't miss this meeting.

AT THE annual meeting resolutions will be presented asking for change in the date of closing the hospital year, to make it conform to the calendar, and fully represent the designated year.

THE WOMAN'S AUXILIARY at their last monthly meeting, decided not to hold their annual bazaar this year. Owing to many changes and removals, it was thought that the work of preparation would be too great for the available assistance. A pound party and sale of fancy work, at the hospital after the holiday season would, it was thought, meet the requirements of the situation.

THE VACANCY in the resident physician's office has been filled by the appointment of Dr. G. M. Reid, of Queen's University, Kingston, who comes to us highly recommended by the Dean and faculty of his Alma Mater.

THE REPORTS of the various departments for the past year, when presented at the annual meeting will, with one exception, show a condition of increased prosperity and efficient work. The exception is in the department of subscriptions and donations, which falls far short of the previous year's record.

IT HAS been brought to our notice that the only exclusive homœopathic pharmacy in Canada is located at Arnprior, Ont. Mr. Watt, the proprietor, has been in the drug business for 45 years, and last spring sold out the allopathic portion of his business to devote himself to purely homœopathic pharmacy. He has been a life long adher-

ent to the principles of homœopathy, and has often been the means of sending patients to our hospital.

THE NEXT number of the Record will close volume eight of the paper. We would like to call your attention to the fact so that you may send in your subscriptions now overdue, and attend to the renewal of the same ere the year closes. Remember us to your friends.

AMONG the many problems the incoming management of the hospital will have to wrestle with, probably the most important, will be the acquirement of larger and better quarters for our nurses and domestic help. Arrangements will have to be made for the purchase or continuous renting of the premises adjoining the present Nurses' Home, and any subscriptions towards a fund of \$5,000 for this purpose will materially lighten the labors of the management in this direction.

WE HAVE heard a rumor to the effect that "Hospital Wants" in these columns, have attracted the attention of a prominent out of town practitioner, causing inquiries to be made relating to steam sterilizers with a view to supplying our needs in this matter. Better look over the list and see what you can do.

THE REGULAR monthly meeting of the Committee of Management, called for Oct. 26th, had to be adjourned for lack of a quorum. Fortunately no business of importance was to be brought forward. The next meeting, which will be held on Monday, Nov. 23rd, will be the last of the year for the present committee, and a full attendance is requested in order that all unfinished business may be cleared up, as well as preparation made for the reports to the Governors' annual meeting.

 PHILLIPS' TRAINING SCHOOL
NOTES.

Nurse Blackmore is at home on sick leave.

Mrs. E. MacDonald, of this city, has entered the Training School as a probationer.

Nurse Fleet was called to her home, New Glasgow, by the serious illness of her sister.

Nurse Richards, who was ill with typhoid fever last summer, has fully recovered, and is again on duty.

All of our graduate nurses are reported to be very busy, and keep nearly always marked "out."

Nurse Routhier, another of the '03 graduates, has nearly completed her three years' training, and will leave the hospital at the end of this month.

The nurses have been getting lots of surgical experience during the past month, the operating room being in almost daily demand.

Nurses' lectures began Oct. 13th, with the subject of anatomy, followed on the 16th with obstetrics. Lectures will be given every Tuesday and Friday until the close of the session, in March next.

Examinations at close of session will be held as follows: For nurses who have completed one year's training, preliminary examination in anatomy, physiology, pediatrics, minor surgery, and urinalysis. For nurses who have been two years in training, final examination in the above subjects, and preliminary examination in obstetrics, practice of medicine, materia medica, gynecology, and surgery. For nurses in their third year of training final examinations in the five last named subjects, and any others they may have failed to pass in, also final examination in theory and practice of nursing. Preliminary examinations are optional with nurses who have not been in training more than six months prior to opening of lecture course of any session. If such examinations are successfully taken, they will exempt candidates from further preliminary examination in such subjects.

Five questions in each subject constitute an examination paper, with a total marking of 100 per cent. Of this 75 per cent. is required for successful passing.

Nurse Fleet has the heartfelt sympathy of her classmates and friends in her sad bereavement, her sister having succumbed to the serious illness shortly after Nurse Fleet reached her home.

Miss Bartholomew, '02, has returned to her home after a six months' sojourn in St. Albans, Vt. This is one of the longest cases any of our nurses have had.

HOSPITAL WANTS.

- Rugs for two private wards.
- Straight chairs (antique oak) for private ward.
- Preserved fruit, to fill cupboard.
- A barrel or two of apples.
- Sugar, flour, in barrels.
- Hardwood floors in private wards.
- A real elevator.
- Better nurses' quarters.
- Money for our winter's coal.
- A steam sterilizer.
- Your name in the visitors' book.

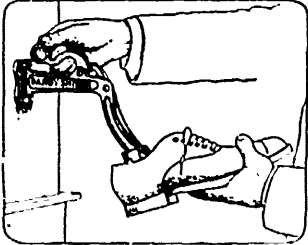
HOSPITAL REPORT FOR OCTOBER.

Number of patients in the hospital	
Oct. 1.....	10
Admitted—	
Private patients.....	21
Semiprivate patients.....	8
Public patients	11
Maternity	5
	45
Discharged—	
Private patients	16
Semi-private patients	5
Public patients	8
Maternity	3
	32
Died	1
Operations	14
Number of days' private nursing outside	23
Number of days' private nursing in hospital	3
Remaining in hospital, Nov. 1....	23
Viz.:	
Private patients	10
Semi-private patients	5
Public patients	6
Maternity	2
	23

Hachard concludes that chloroform, well prepared and prudently administered, never causes death.

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CHEST EXPANSION.

John E. Webster, M.D.

The flat-chested, or worse still, the hollow-chested youth, or girl ought to be ashamed of themselves. They stoop, or they do not breathe properly. To straighten themselves is their first duty to health and to society. And it is the simplest thing in the world, as well as the most important to fill out the hollows in a sunken chest, and to develop the lungs, and thus do away with most of the coughs and colds that sap the strength of so many men and women.

For, you can "transform" your weak or hollow-chested patients without the aid of expensive exercisers or apparatus of any kind. Tell your patients to stand in a doorway, placing the flattened palms in the casings, just at the height of the shoulders. Then without removing the hands, tell them to walk through the doorway. Make them do this forty times night and morning. You will be amazed to see how the chest will rise. They will look like grand opera singers in a few months.

Any exercise that sends the shoulders back, and brings the muscles of the chest into play is helpful and good. When you begin treatment, measure your patient under the arms. In six weeks' time measure again. You will be surprised.—Med. Brief.

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