

Technical and Bibliographic Notes/Notes techniques et bibliographiques

The Institute has attempted to obtain the best original copy available for filming. 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 filming, are checked below.

L'Institut a microfilmé 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 filmage sont indiqués ci-dessous.

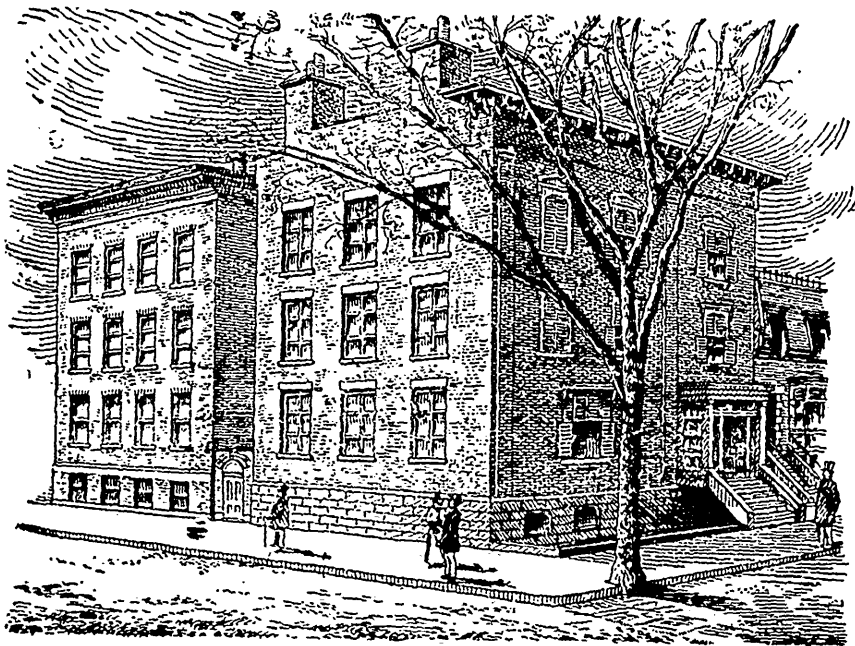
- | | |
|--|--|
| <input type="checkbox"/> Coloured covers/ Couverture de couleur | <input type="checkbox"/> Coloured pages/ Pages de couleur |
| <input type="checkbox"/> Covers damaged/ Couverture endommagée | <input type="checkbox"/> Pages damaged/ Pages endommagées |
| <input type="checkbox"/> Covers 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 type="checkbox"/> Quality of print varies/ Qualité inégale de l'impression |
| <input checked="" type="checkbox"/> Bound with other material/ Relié avec d'autres documents | <input type="checkbox"/> Includes supplementary material/ Comprend du matériel supplémentaire |
| <input type="checkbox"/> Tight binding may cause shadows or distortion along interior margin/ La reliure serrée peut causer de l'ombre ou de la distortion le long de la marge intérieure | <input type="checkbox"/> Only edition available/ Seule édition disponible |
| <input type="checkbox"/> Blank leaves added during restoration may appear within the text. Whenever possible, these have been omitted from filming/ 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 filmées. | <input type="checkbox"/> Pages wholly or partially obscured by errata slips, tissues, etc., have been refilmed to ensure the best possible image/ Les pages totalement ou partiellement obscurcies par un feuillet d'errata, une pelure, etc., ont été filmées à nouveau de façon à obtenir la meilleure image possible. |
| <input type="checkbox"/> Additional comments:/ Commentaires supplémentaires: | |

This item is filmed at the reduction ratio checked below/
Ce document est filmé au taux de réduction indiqué ci-dessous.

| | | | | | |
|--------------------------|--------------------------|--------------------------|-------------------------------------|--------------------------|--------------------------|
| 10X | 14X | 18X | 22X | 26X | 30X |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12X | 16X | 20X | 24X | 28X | 32X |

HOMŒOPATHIC RECORD.

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



The Montreal Homœopathic Hospital,

44 McGill College Avenue.

For the reception of private, semi-private and public patients. The public wards of the hospital and the Dispensary are homœopathic ; and are free to patients who are unable to pay. Patients admitted to the wards on presentation of an order signed by a Life Governor or member of the Hospital staff. Elegantly furnished private rooms for medical, surgical and maternity cases, with modern equipped operating room and maternity wards, at the disposal of physicians of any recognized school, the hospital supplying diet and nursing as ordered.

Rates, for private rooms on application to the Lady Superintendent
The public are appealed to for aid in supporting the public wards and
free dispensary.

Young women of refinement with fair education are accepted
as probationers in the Phillips Training School for Nurses
in connection with the Hospital

Telephone Up 937.

Ambulance Up 1120.



MONTREAL Homœopathic Record

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

VOL. VII. No. 1.

MONTREAL, JANUARY, 1902.

25cts. 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.

THE PAST YEAR.

The year just closed has been a memorable one in many respects in regard to the interests of our hospital and of homœopathy generally. Many changes have taken place in the ranks of our friends and much work has been done in improving the financial and material welfare of the hospital; and best of all, we believe that the advancement of the principle of homœopathy has been more pronounced than ever experienced since its first introduction.

Death levied heavy tribute on our ranks in the taking off of Mr. E. J. Barbeau, one of the staunchest friends of our hospital. The death of Dr. Wanless removed from our midst one of the most prominent figures of the early times when our system of medicine was struggling for a foothold in this province. Other friends who had the interest of the institution at heart and whose aid and sympathy we will sadly miss, have also crossed the Great Divide; while the exigencies of business are responsible for the loss, temporarily we hope, of some of

the most zealous of homœopathy's adherents.

Of the changes in the hospital, the most important was the reduction of financial responsibility by the wiping out of the floating debt, for which relief we are beholden in large measure to the generosity of Mrs. G. D. Phillips, Mr. Samuel Bell and the late Mr. E. J. Barbeau. In the working of the hospital the change was increase of its field of usefulness in the practical opening of the Maternity Annex, and the reorganization of the nursing and house staffs. The appointment of Miss Lorenz as Lady Superintendent has proved a most beneficial change in regard to the efficiency of the nursing service and the work of the hospital in general. Other changes have been along the line of bringing up and keeping the institution to the requirements of modern medicine, enabling it to more efficiently fulfill its mission in caring for the sick.

The change for the better in regard to the advancement of homœopathy is largely due to the working of the hospital during the past year. Prejudice and antipathy have to a large extent been overcome, and outsiders have seen and admitted that the claims of homœopaths are not all vain boasting. We have much to be thankful for in the results of last year, and though we mourn the loss of friends and sympathizers we enter upon the new year buoyed up with prospects brighter than we have ever had before, trusting that all our friends will feel still prouder of our hospital and its mission to the suffering.

TREATMENT OF DYSPEPSIA

The Medical Review, London, July, 1900, quotes T. Lauder Brunton (Clinical Journal, April 25, 1900,) as stating that the first rule for the patient who suffers from indigestion is, eat slowly, masticate thoroughly, insalivate completely. Many patients will say that they eat slowly, yet they do not masticate thoroughly. If the patient will not, of his own accord, follow the rule, he must, if necessary, follow Sir Andrew Clarke's rule—count his bites. For every mouthful of meat he must allow 32 bites, or one bite to every tooth. If the meat is tough he must allow 64 bites, and if very tough, 96 bites.

The next rule is, let the patient take his solids and liquids separately. The reason for this is that if a patient with a weak digestion swallows much liquid—whether it be soup, plain water, mineral water, whisky and water, or beer—he dilutes his gastric juice, and thus lessens its digestive power. So it is better for a patient, who has weak digestion, to take his food without liquid. One meal, however, may be made an exception, and that is breakfast, because the food is generally of a soft and chiefly farinaceous character, and therefore a little more latitude may be allowed. But there is another reason for making the patient take food and liquid separately, and that is that unmasticated food cannot be swallowed without liquid. So that, even at breakfast, tell the patient that he can, if he likes, take a breakfast cupful of tea, not strong, but towards the end of the meal. Of course the gastric juice is diluted by the tea, but this does not matter so much in the case of farinaceous food as in the case of luncheon and dinner, into which proteids enter largely.

In many cases those rules are sufficient to remove dyspepsia. But in cases where they are insufficient, the third one comes into play: Let the patient take his farinaceous foods at different meals. That is to say, he may take bread and butter for breakfast, but he must take neither fish, eggs, nor meat. In the middle of the day he must take fish, eggs, or meat, but no farinaceous food whatever. At about 5 o'clock he should again have a farinaceous meal, such as he had at luncheon. Only food of the same

kind is put into the stomach at each meal, and so there is no delay from the different digestibility of the different kinds of food, the whole contents of the stomach become comminuted and digested and passed on into the intestines about the same time. Under those three rules a great number of dyspeptic patients can be cured.

But patients must have some fluid. The best liquid they can drink is hot water, and the best times to drink it are on rising in the morning, again between 11 and 12 in the forenoon, again about 4 or 5 in the afternoon, and, lastly, at night before going to bed. Thus the patient is given all the fluid he requires, not when it will dilute the gastric juice, but when it will assist in washing out of the stomach the remnants of the previous meal. Given at 12 o'clock, it tends to wash the breakfast out of the stomach, at 4 it washes out the remains of the luncheon, and so on.

Cases of nervous dyspepsia, for instance, which had run the gamut from pepsin to the empirical hot water and Saulsbery steak, thence to the scientific gastrologists who base their treatment upon test-meal analyses, have been restored to health when the stomach was not regarded as a special organ, but as an integral part of the whole organism, and the nervous system which supplies the stomach with functioning capacity was refreshed and invigorated by daily neurovascular gymnastics with cold water.—Exchange.

HOSPITAL WANTS.

Carpet for nurses' dining-room, 12 yards of carpet for nurses' home, 2 tables for nurses' dining-room, barrel of apples and other fruits, 1 barrel flour, 1 barrel sugar, 1 box soap, 1 box tea.

Attention is directed to the "wants" for the nurses' dining-room and home, which are very much in need of these essentials to comfort as well as appearance.

The housekeeper still has room for the articles mentioned in her list, and would like to begin the year with a replenished larder.

SCARLET FEVER

The following from Hom. Monatsblatt, June, 1898, by the late Dr. Bruchner, is worth noting:—

“Dr. Sprenger reports in an American Homœopathic journal that for a long time he had no confidence in the provings of Lachesis, but he has lately found out that in blood-poisoning Lachesis is absolutely the first remedy! It is adapted to gangrene. Since I have seen the action of Lachesis in scarlatina, that disease has lost all terrors for me. I have never been able to do with other remedies what I have done with Lachesis. Therefore in any cases of sca. latina which look at all serious, I always give Lachesis dissolved in water, when necessary every half hour. In 24 hours the patient is quiet, the fever decreases, the eruption assumes a lighter color, and the recovery proceeds rapidly. During the last 15 years I have given Lachesis in every case of scarlatina as a prophylactic to make the disintegration of blood impossible, and during all this time I have not lost a single case of scarlatina, all the cases running a mild course. The remedy I here recommend is not a new one, but at this time, when every day sees new magical remedies arise to swindle the people, and when they are exalted into the heavens, it is useful to be again reminded of our old reliable remedies, which are, so to say, our sheet anchor.”
—Homœopathic Recorder.

HYOSCYAMUS CURES INSANITY.

A married woman, aged 38, and the mother of seven children, was physically strong and well and free from all mental derangement until she had an attack of the mumps. While ill with this affection a child was stricken down with cerebro-spinal meningitis and in a short time died. Suddenly her mind gave way and she became really insane.

She became the victim of a variety of hallucinations; she fancied she was empress of India and queen of the Lost Cause in the South. At times she imagined she was transparent, like a jelly fish, and would shudder as she supposed she floated away. Then again she thought the white snake of the Nile was tugging at her breast and that there were snakes coiled up in her brain. She would recite poetry by the hour and sing of the ship of State. For several days her mind was wholly at the mercy of these and many other vagaries.

Though very chaste and cultured in language while well, she now became revoltingly obscene and vulgar. While imagining she was an actress she would wholly divest herself of all clothing and all effort to prevent her doing so was unavailing without the use of force.

When taken to Dr. Ingersoll's Neurotic Sanatorium she had been taking bromide in large doses. These were discontinued and she took no medicine for five days, all the while growing worse. She then received hyos. 3x, 20 drops at one dose. In a single hour she became lucid and talked rationally. The same remedy and potency were continued, one drop each hour. She began to sleep right away, and in two weeks was able to attend to the ordinary duties of life, and has remained well.—B. in The Critique.

HOSPITAL REPORT FOR DEC.

| | |
|-----------------------------------|----|
| Number of patients in hospital, | |
| Dec. 1. - - - - - | 13 |
| Admitted - - - - - | 22 |
| Discharged - - - - - | 20 |
| Died - - - - - | 1 |
| Operations - - - - - | 5 |
| Private and semi-private patients | 24 |
| Semi-public and public patients - | 11 |
| Maternity cases - - - - - | 5 |
| Number of days private nursing | |
| outside - - - - - | 10 |
| Number of days private nursing in | |
| hospital - - - - - | 2 |
| Remaining in hospital, January 1. | 15 |

THE FOLLOWING is taken from the Chicago Alumni News Letter: “Dr. A. J. Weirick, class of '99,' has concluded that the realm of King Edward does not compare with the best country on earth and has returned to his native hearth, having located at Kempton, Ill.”

SUBSCRIPTIONS AND CASH DONATIONS FOR DECEMBER.

The hospital treasurer acknowledges with thanks the following:—

| | | | |
|---------------------|---|---|----------|
| Mrs. F. Scholes | - | - | \$200.00 |
| Hon. Sidney Fisher | - | - | 25.00 |
| Mrs. E. Von Rappard | - | - | 10.00 |
| Mr. J. A. Mathewson | - | - | 10.00 |
| Mr. Gerald Lomer | - | - | 10.00 |
| Mr. C. W. Westgate | - | - | 10.00 |
| Mr. Thomas Forde | - | - | 8.74 |
| Mrs. McFadden | - | - | 5.00 |
| Mr. James R. Dick | - | - | 5.00 |
| Mr. G. J. Esplin | - | - | 5.00 |
| Mr. Beatty | - | - | 1.50 |

Donations for Christmas—

| | | |
|-------------------|---|--------|
| Mr. S. Bell | - | \$5.00 |
| Dr. E. M. Morgan | - | 1.00 |
| Mrs. Thomas | - | 2.00 |
| Mrs. W. S. Taylor | - | 1.00 |
| Miss E. R. Lorenz | - | 1.00 |
| Miss A. Moodie | - | 1.00 |
| | | 11.00 |

\$301.24

DONATIONS IN DECEMBER.

The Lady Superintendent acknowledges with many thanks the following:—

Messrs. Ballantyne & Co.—Hot water coils.

Mrs. G. H. Holland—Half-dozen tumblers.

Mrs. W. R. Granger—Automatic door spring.

Mrs. Lay—Medicine vial.

Mrs. Grafton—2 sponge cakes.

Mrs. S. Bell—2 lbs. tea, 12 cakes soap, 5 cheeses.

Woman's Auxiliary Bazaar—55 jars preserves, 28 cheeses, 12 cakes Victorine, 13 bottles polish, 1 lb. baking powder, 2 bottles bovril, 24 jars jelly, 6 jars pickles.

Mrs. R. Cowan—Magazines.

C. Gurd & Co.—2 dozen ginger ale, 2 dozen soda water.

Dr. L. Muller—Raisins and almonds.

Layton Bros—Phono-harp.

Mrs. J. T. Hagar—Gifts for nurses, ice cream, cake, case of tea, turkey.

Mrs. H. M. Patton—Basket apples.

Mrs. George Sumner—Oranges and grapes.

From Talbot's meat market (no name)—2 chickens, 3 dozen eggs.

Mr. F. W. Holland—Plants.

Mrs. Baylis—Gifts for nurses, turkey.

Mr. T. Donahue—Bag potatoes, bag turnips.

Mrs. James Williamson—2 turkeys, 2 dozen oranges.

Mrs. S. C. Matthews—Preserves.

Sunshine Society—Magazines.

Mrs. R. G. Reid—2 chickens, 2 turkeys.

Mrs. E. M. Morgan—Christmas puddings.

Mrs. S. M. Baylis—Candies.

Miss M. Robertson—Candy Bags.

Dr. R. A. Griffith—Books for nurses.

Mrs. Sewell—Gifts for nurses.

Mr. James M. Aird—24 lbs. candies.

Mrs. R. Gaunt—Turkey and goose.

Mr. C. R. Westgate—Turkey and evergreens.

Mr. W. J. Keith—Candy, grapes, almonds, walnuts, raisins, oranges.

Messrs. Loynachan & Scriver—15 doz. eggs.

Mrs. James Baylis—for the "Baylis Room"—Thermometer, 3 bath towels, 2 quilts, 5 draw sheets, baby basket.

Woman's Auxiliary—20 yards muslin, looking-glass, 3 screens, 2 saucepans, 6 bowls, 6 plates, cups and saucers, 2 strainers, 6 preserve dishes, 3 cream jugs, 3 sugar bowls.

Mrs. S. C. Matthews—for the "Matthews Room"—Bed and spring mattress, screen, rocking chair, bureau, wash stand, scripture card, infant's bath, pail, sugar bowl, cream jug, 2 egg cups, 3 plates, 2 cups and saucers, nail brush, shell dish, drinking mug, toilet set, bureau and wash stand covers, 4 doilies, sofa cushion, 2 quilts, rubber sheeting, knife, fork, 3 spoons, preserve dish, pin cushion, rocking chair and cushions, fancy bureau mats, 4 bath towels, match scratcher, pair baby blankets, 2 splashes, 2 pictures, table, 2 mats, clothes bag, 6 sheets, 2 trays, 4 pillow-cases, 18 towels, bed pan, 3 tray cloths, flower vase, fancy doll, pillow sham, pair of blankets, whisk and holder, bell, glass cup, tumbler, gas globe, baby's basket, painting and fitting up of room, etc.

HINTS.

An illness beginning with fever, flushed face, bright eyes, and a full pulse may be checked by a few doses of *Belladonna*.

When patient feels hot and cold by turn, often chilly, though warmly clad, drowsy and dull, *Gelsemium* 3 may relieve.

Raw throat and chest, hoarseness, calls for *Phosphorus* 30th.

Cactus grand. is a remedy for overstrained heart of bicyclers.

Cactus grand 1 and *Cratægus oxyacantha* 0 may, one or both, be useful in the tobacco heart.

Urtica urens 0 pellets is a remedy for intense burning and stinging of the skin.

Cough, from sensation as of dust in the throat, has been relieved by *Ammonium carb.* 3.

Diarrhœa after exposure to damp and cold sometimes finds a remedy in *Dulcamara* 3.

Diarrhœa accompanied by prostration and burning pains is relieved by *Arsenicum* 6.

Iris versicolor 30 is said to cure constipation, though in the lower potencies it has no effect.

Sticta pulmonaria 3 is said to be a remedy for dry catarrh, when there is a sensation as though the nose were full, yet nothing can be blown out.

For diseases of the spleen Burnett's remedy, *Ceanothus Americana*, in 5-drop doses of the mother tincture in a teaspoonful of water, is the best remedy—"organ remedy" Burnett calls it.

A red streak down the middle of a yellow-coated tongue is said to be a marked call for *Veratrum vir.* 3.

Blisters and eruptions that burn like fire, or burn when touched, indicate *Cantharis* 3.

Malandrinum 30th it is said will not only surely guard against smallpox, but it has been asserted, will also prevent vaccination from "taking." One or two doses of ten pellets a week is sufficient.

Iris versicolor 3 is a good remedy for sick headache, with sour vomiting.

Dr. T. F. Allen says that *Aconite* and *Belladonna* should never be alternated. When one is indicated the other is *not*.—*Homœopathic Envoy*.

FOR PEOPLE WILL DIE.

BY I. A. M. NEMO, M.D.

They have found out how consumption may be positively cured ;
 Ills that used to worry people need no longer be endured,
 They've discovered lymphs and serums,
 So we have been plainly told,
 That will stop the sad necessity of ever growing old ;
 They are finding out the microbes, they're advancing day by day,
 But the people keep on dying in the same old-fashioned way.

Word may come to-morrow morning that some horrible disease
 Has been mastered by some doctor here at home or over the seas.
 They are stopping all the fevers arresting all the ills
 That the human form is heir to with their serums and their pills ;
 They are causing men to wonder at their triumphs every day,
 But people keep on dying in the same old-fashioned way.

What a wondrous thing is science. They can take a germ from you
 And consult its inclinations and exploit its foibles, too ;
 They have found out that the stomach is of very little use ;
 They can master all its functions with the gizzard of a goose ;
 They are cutting, they are doping, they're advancing day by day.
 But people keep on dying in the same old-fashioned way.

"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."

HOSPITAL NOTES.

HAPPY NEW YEAR to all our subscribers and readers.

DECEMBER was the biggest month in the hospital's history with regard to receipts and work accomplished.

THE HOSPITAL, with the assistance of the Woman's Auxiliary, made Christmas gifts to the various merchants and tradesmen of over \$100.00 and incidentally presented itself with a materially reduced debt list.

DR. SPENCER, of Sherbrooke, was in town on New Year's Day, combining pleasure and business in his visit. He reports very encouragingly of the increased prospects of homœopathy in his city; he has built up a fine practice, in the face of great opposition, and is now one of the leading physicians of the place.

THE LADY SUPERINTENDENT and nurses desire to thank Mr. W. H. Leach for the loan of the handsome Morris piano, the use of which added greatly to the success of their New Year's reception.

THE NEW maternity room, furnished by Mrs. S. C. Matthews, had an occupant ere the finishing touches were completed.

IF YOU HAVE any suggestions to offer as to means of increasing the hospital revenue, on any item of interest to our readers, send them along.

NOW THAT the festive season is over, a visit from the hospital collector is in order and we bespeak for her a kindly welcome.

DON'T be afraid your contribution is too small to be worth giving; enough littles make a much.

AS YOU WILL see by the list of donations and subscriptions published in this issue, the debt ball has begun to roll; help **NOW** to keep it moving.

THE ACCOMMODATIONS of the Maternity Annex have been fully taxed during the past month. Four patients are in the rooms at present.

DR. WM. McHARRIE, formerly of this city, and of the hospital staff, who settled in Fargo, N. D., two years ago, has removed to Seattle, Washington. Seattle is one of the leading cities of the Pacific coast.

THE COMMITTEE of management will in future meet as a whole once a month (the fourth Monday). The executive will attend to routine business arising between meetings, and anything of importance will be brought before specially called meetings. Members of committee will be notified by the secretary of regular monthly and any special meetings.

THE ARRANGEMENT of the nurses' dining room would be more suitable if two smaller tables were substituted for the present large one; the separation of senior and junior nurses would be conducive to better preservation of discipline than the present disposition.

IN OUR last issue we noted the receipt of a donation from Mrs. Wanless, widow of the late Dr. Wanless, little thinking that ere the issue reached our readers she would have passed away. Mrs. Wanless was a warm friend of our hospital and a staunch supporter of the doctrine preached by her talented husband, with whom she faced the struggle incident to the early days of our school in this city. Not long did she survive her life's companion, and within the year death claimed both of these beloved landmarks of the early history of Montreal's homœopathy.

WE WANT to increase the city circulation of this paper by one thousand this year in order to put a premium on our advertising space, as well as to spread the doctrine of homœopathy.

MISS MACCULLOCH has been appointed collector for the hospital; her address is 4468 St. Catherine St. In case you are not called upon or live out of town, it would be well to mail your subscription or donation to her.

HOSPITAL BY-LAWS.

In accordance with a motion passed at the annual meeting of the Governors, the sub-committee has prepared the following amendments to the by-laws relating to Governors, for submission to the next quarterly meeting to be held in March.

PROPOSED AMENDMENTS TO BY-LAWS.

ARTICLE IV.—GOVERNORS.

Sec. 4—Any person or Society contributing, at any one time, the sum of one thousand dollars or more to the funds of the hospital, shall, together with the privileges of being constituted a benefactor and endowing a bed, as provided in secs. 1, 2, 3, article v., be entitled to qualify himself, or in case of a Society, any one whom they may nominate as Life Governor; and in addition shall have the right of nominating one Life Governor for every five hundred (500) dollars of contribution, provided their intention shall be signified at the time the benefaction is made, and the persons so qualified and nominated be duly elected by the Board of Governors.

Sec. 5—Any donor of sums under one thousand dollars, may, in addition to qualifying himself as a Life Governor, also nominate one other Life Governor for every additional two hundred dollars of contribution, provided his intention shall be signified at the time of donation, and the persons so qualified and nominated be duly elected.

Sec. 6—The Governors may elect as Life Governors such persons whose eminent services to the hospital commend them as worthy of being so distinguished.

Sec. 7—The present sec. 4 of article iv. as it now stands, merely altering the number thereof from sec. 4 to sec. 7.

Sub-Committee—E. G. O'Connor, A. D. Patton, M.D., S. M. Baylis.

SUBSCRIBERS will confer a favor by notifying the business manager of any change of address in papers sent to themselves or their friends.

PHILLIPS TRAINING SCHOOL NOTES.

Miss McLagan, "99," was in town during the holidays. She reports plenty of work and scarcity of trained nurses in Sherbrooke. Miss McLagan declined an offer of nursing in South Africa.

During the past year some changes have taken place in the ranks of our graduates. Death claimed one of our best in Miss Cowper. Miss Martin is now in Iowa; Miss McLagan is located in Sherbrooke, and Miss Egan has returned from South Dakota where she spent a year.

Miss Willoughby, "99," has been nursing in Huntingdon for the past month.

Miss Egan, "96," spent the holidays visiting friends in New York.

Four of the hospital nurses have been out on private duty this month, and one on special duty in the house.

Nurse Dunlop has gone home to Ottawa, where she will remain until entirely recovered from the effects of her late illness.

Four nurses were off duty last month owing to illness; with one exception they were able to resume work before the holidays.

Santa Claus did not forget to visit the nurses, though they did not have time to prepare a reception for him.

Cards have been received announcing the marriage of Miss Winifred Martin, "00," to Mr. W. C. Linton, of Ottumwa, Ia., on the evening of January 15th. On behalf of her classmates and friends, we wish her all happiness in her new life.

The lecturers to the nurses for the present month are Drs. Morgan and Pollock. Subjects:—"Eye, Ear, Nose and Throat; and Minor Surgery and Bandaging."

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.

DIETETIC HINTS.

To appreciate the delights of a natural appetite, the following dietetic hints should be taken into consideration:—

Discard all condiments and eat food prepared as simply as possible.

Masticate the food thoroughly, allowing it to remain in the mouth until the delicate flavors of the food are developed.

In order to have perfect digestion, a large variety of foods should not be eaten at one meal.

Avoid, especially, combinations of fruit with vegetables, fruit with milk, sugar with milk.

Avoid the use of much fluid, especially cold fluid at meals. Many persons are better off to discard all drinks at meals.

Above all, don't bring your business into the dining room. Throw off all care, and give yourself up to the enjoyment of your meal.—*Health.*

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

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

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

GEO. S. KIMBER,
 2466 ST. CATHERINE ST., MONTREAL
 BELL TELEPHONE, Uptown 1287.

HOUSE DECORATING
A SPECIALTY.
 WALL PAPER OF THE LATEST DESIGNS.

J. A. BAZIN, D.D.S.

Dentist and Oral Surgeon,
 2248 ST. CATHERINE STREET,
 Opposite Victoria St., Montreal.

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

**LAUNDRY
 DEPARTMENT.**



TELEPHONES:
 2602 } Uptown.
 2601 }