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# MONTREAL

# Homœopathic Record

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

Vol. V. No. 11. MONTREAL, NOVEMBER, 1900. 25cts. A YEAR.

## Montreal Homœopathic Record

— PUBLISHED MONTHLY —

By the Woman's Auxiliary of the Montreal  
Homœopathic Hospital.

Communications relating to business and subscrip-  
tions to be sent to the Business Manager, care Sterling  
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to the Editor Record, care Sterling Publishing Co.,  
37 St. Gabriel St.

### THE ANNUAL SALE.

THE WOMAN'S AUXILIARY WILL HOLD IT  
IN WINDSOR HALL, NOVEMBER 24TH.

The Woman's Auxiliary is to hold its  
Annual Sale on November 24th, and  
wishes to secure the help of all its mem-  
bers and every friend of the cause.

Encouraged by the success of past  
year's sales the ladies of the Auxiliary  
have decided to make this one still  
greater, and have therefore decided to  
hold it in Windsor Hall as giving greater  
scope for a successful sale.

Donations of useful and fancy articles,  
cake, candy, canned fruit, toys, etc., and  
money will be gladly received by any of  
the Committee and may be sent to the  
hospital before the day of sale to Mrs. J.  
T. Hagar.

It is hoped by the ladies that a liberal  
response from all the friends of the  
Hospital will make the coming Annual  
Sale the most successful yet held.

The following ladies will have charge of  
tables for which donations may be sent  
to the Hall on the morning of the 24th,  
or to the hospital to Mrs. J. T. Hagar  
previously.

FANCY WORK Mrs. A. D. Patton,  
Miss M. E. Baylis, Miss Ames.

APRONS -Mrs. Geo. Sumner, Mrs. A.  
Plimsoil.

DOLLS Mrs. R. Gaunt, Miss Nichol.

CANDY Mrs. J. A. Mathewson, Mrs.  
Scarff, Miss G. S. Wait.

CAKE Mrs. H. M. Patton, Mrs. C. H.  
Binks, Miss Robinson.

PRESERVES -Mrs. Griffith, Mrs. Baker.

LEMONADE -The Misses Hagar.

TEA ROOM Miss S. Smith.

GOLDEN APPLE TREE - Miss Irene Von  
Rappard.

PARCELS Mrs. C. E. T. Woodley.

PALMISTRY Miss Badenach.

HIGH TEA Mrs. Von Rappard Mrs.  
Sheffield, Mrs. Burshall.

Nurses' Table Miss McLagan and  
other graduate nurses.

It is hoped all the friends of Homœo-  
pathy will rally to the aid of the Woman's  
Auxiliary, and assist in making their  
bazaar the best ever held.

Take the children to see the Golden  
Apple Tree, attended by a Greek maiden,  
at the Windsor Hall on the 24th.

The wants of the gentlemen and their  
friends will be especially looked after at  
the High Tea to be served from six to  
seven o'clock at the Windsor Hall on the  
24th for the moderate charge of 25 cents.

### HOSPITAL NOTES.

Miss Spence and Miss Scott have been  
admitted as pupil nurses in the training  
school.

Miss Winnifred Martin, a graduate of  
the Phillip's Training School, has com-  
menced private nursing. Her address  
is 2438 St. Catherine St.

The many friends of Miss Emma Egan,  
who was a member of the final graduating  
class of the training school, regret to  
know that she has decided to remain in

North Dakota where she is assisting Dr. McHarrie with his increasing practice.

The nurses of the training school appreciate very much their new home.

Dr. Thos. M. Thayer, of Gouverneur, N.Y., who spent the summer here with Dr. Griffith, has entered upon his duties as house physician. He passed the New York State board with honors, and comes to the work in the hospital with an enthusiasm that bodes well for his future success.

A few rugs could be used with great advantage in the nurses' home. A donation would be most acceptable.

The committee of management have been exceedingly fortunate in securing the services of Miss Cordyn Baker for lady superintendent. She comes highly recommended by prominent physicians of New York City. She has had an extensive experience in some of the best hospitals, and will look well after the interests of the hospital and training school.

Miss Ella A. Lawrence, who had many friends amongst the private patients of our hospital, has been accepted and has entered upon her duties as nurse in the Metropolitan Hospital of New York one of the best equipped and largest hospitals of that city. Her friends in the Montreal Homoeopathic wish her every success.

The new maternity wards are very handsomely equipped and ready for patients.

Dr. A. J. Weirick has accepted a position on the outdoor department of the hospital, and is in attendance at the hospital at noon on Monday and Wednesday.

The outside physicians are appreciating more and more the advantages of our hospital. They are given the full use of private rooms and operating room without any interference. These privileges appeal in an especial manner to the younger men.

The friends of Homoeopathy should not forget our hospital in annual contributions as well as when making bequests.

Congratulations are extended Dr. and Mrs. Morgan over the arrival of a son and heir.

#### OCTOBER DONATIONS.

The Lady Superintendent acknowledges with thanks the following donations in kind:

Miss Moodie 6 floor mats for laundry, 12 soup plates, 12 breakfast plates, 12 tea plates, 12 fruit saucers, 1 doz. bowls, 5 stone jars, 1 stone pot, 1 frying pan, 1 small saucepan, 1 large pan, 1/2 doz. jelly moulds, 1 milk jug, 2 clothes' racks for nurses, 1 soup kettle, 1 side of lamb, 1 basket apples.

John Lovell & Sons Lovell's Directory for 1900-01.

Miss B. Johnston 2 books for children's ward.

A Friend Umbrella rack for Nurses' Home.

Mrs. Hogan 1 turkey.

Mrs. G. D. Phillips 2 turkeys, 1 lb. m. 2 qts. cranberries.

Dr. W. M. Patton 1 gal. oysters

Dominion Oil Cloth Co., per Mr. John Bailey, manager 1 piece table oil cloth, 2 pieces floor oil cloth for diet kitchens.

H. Morgan & Co. 5 pieces of carpet

Mrs. James Baylis 1 rubber sheet.

Mrs. G. H. Thomson 8 jars fruit, 2 night shirts.

Mrs. A. R. Griffiths 2 bottles of pickles.

A Friend, 55 Drummond St. 1 basket pears.

#### CASH DONATIONS.

The Treasurer acknowledges with thanks the following subscriptions:

H. Barbeau \$10.

S. Greenshields, Son & Co. \$10.

Geo. Durnford \$10.

Thanksgiving collection of American Pr. sbyterian Church, \$12.50.

Mr. Edward Ungert \$5.00.

Total \$47.50

#### FAITH IN THE DOCTOR.

Dr. Geo. R. Patton, of Lake City, Mich., is responsible for the following - at least it is credited to him in exchanges -

"He had been attending the child of a prominent citizen. When the end seemed near he told the family that the child would die, and further visits from him would be useless. In a few days, not having been apprised of the child's expected death, the doctor requested me to call upon the family and report. Of course I confirmed the professor's opinion that the child would die. About a month later the doctor hailed the child's father to find out when his child had died. "Died," said the gentleman in amazement, "why, the child is not only alive, but perfectly well." The doctor then

asked what physician he had employed in his stead. "No one," said the man, "for we had such unbounded confidence in your judgment that we let the child alone to die, and it got well."

### NERVOUSNESS AND SELFISHNESS

Neurasthenia has become so much in evidence in America that it has given us an unenviable notoriety, in this direction, among the nations in general. We boast of our high civilization, but however desirable this may be, if peoples and races, lower in the intellectual scale are more free from this fundamental defect in nerve force, there is something wrong, and we will do well to seek for the underlying cause. It is common to attribute the undue prevalence of nervous disorders to our dry and exciting climate, or some other "glittering generality" which does not bring the responsibility directly home to the individual. Human pride constantly demands "scapegoats." But it is better for us, collectively and individually, to "confess judgment," for that in itself tends to mitigate penalty. When a fault is definitely located its rectification is well advanced.

Overwork conventionally bears a large share of the blame for nervous collapse, but far oftener the cause is over-indulgence in some or its many forms which have selfishness for their root. Broadly defined, selfishness includes every abnormal concession to the lower nature. Any such surrender is mental and moral in its character, for those manifestations which seem distinctively "physical" are only the outpicturing and expression of that which is back of them.

Certain physical habits—so called—for instance, the immoderate use of tobacco, stimulants, drugs, strong tea and coffee, and other hygienic transgressions, are admitted producers of nerve disturbance. The sensations produced by these agencies, including those that are earlier and seemingly pleasurable, and

later, those which are painful, are all really psychical and not physical, per se. The physical organism is only the medium which by use of the nerve channels conveys *pleasurable or painful sensations* to the mind—the unseen selfish self. There is an interior, spiritual and more real self which is intact, but as this is generally latent and largely unrecognized, the lower and provisionally dominant self is that which is in evidence. But space will not permit of a consideration of the former in this connection.

The selfish self receives both gratification and pain, in varying degree through the medium of its physical equipment. The latter is not the recipient of the message, but only the wire which conveys it. We shall find that the man—or mentality—as sovereign, should exercise the power to control, transform and adjust the messages which are sent out and received at his "headquarters." While this is the ideal, it may be admitted that its realization must be gradual because the evolutionary stage for its fitness is not yet reached. Human emancipation from materialistic slavery is a matter of degree and growth. But the laws of growth need iteration and reiteration, for they form the only highway for a forward movement. To find the tap root of certain vegetables requires deep digging, and so the primal and vital elements of causation are hidden by those which are secondary and near the surface.

Selfishness, when broadly defined, is not limited by avarice regarding the mere possession of things, but, as before noted, it includes every sensuous gratification of the lower nature which is indulged for its own sake. It deceives its own victim, for man is so constituted that penalty finally outweighs all the seeming advantage. A true self-interest is normal, but selfishness is the abnormal which lies beyond. It would draw in and not give out. It gradually develops a vortex in which the ego becomes submerged. The equilibrium between what is subjective and objective

“RADNOR”

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

is lost and the subject of the unbalance is often, least of all, aware of the seat of the difficulty. As life in its rounded fullness is a matter of harmonious relations, the focusing of the consciousness upon self brings morbidity and confusion.

Irritability, censoriousness, resistance and extreme sensitiveness are among the well recognized symptoms of nervous prostration, but their potency among its causes is not so generally understood. How futile, and even absurd to put drugs into the stomach for the cure of such conditions. The poor nerves are not to blame, for they are only the passive wires of communication. But they become disabled and shattered by the friction induced by messages of discord, unrest, and pessimism. The seat of the trouble is back of the material organism, and to deal with that exclusively, is only to manipulate results without touching causes.

A change of our ward environment often mitigates nervous depression so long as novelty and strangeness continue, but sooner or later the pressure of consciousness comes back upon the congested itself. Permanent healing must begin at the centre. External panaceas do not turn, but only interrupt the current which flows into the egotistic whirlpool. The bitterness of the springs of life must be sweetened at the fountain otherwise the fruits are bitter. When the mind persistently revolves in the little circle of selfhood the sense of normal relation and harmony is lost, and the end is refuge in some conventional asylum where an unscientific and materialistic treatment affords little hope.

The abhorrent sensationalism of the daily press is responsible for much of the nervous unrest of the present era. Whatever is morbid, tragic, abnormal and diabolical is thrust before the eyes and minds of people in its lowest form, and if anything is lacking, enough is manufactured to keep up a mental inebriety. A gigantic mass of discord is produced for a daily dose. The psychic storm is continuous, and only through isolation and control will guarantee immunity. It need hardly be noted that selfishness is the cause of modern sensationalism.

Antagonism is a potent factor in nervous generation. As one sets himself against things, they seem to turn their worst side toward him. Nothing is more

destructive than a continual resistant and pessimistic spirit. We are not detached human units, but life is the product of multiform and complex relations. To ignore this great truth causes a sense of separateness and this breeds selfishness and a discordant physical articulation and correspondence. We are living in a social universe and personal maladjustment brings penalty.

It is possible for everyone to consciously cultivate trust, passivity, non-resistance and optimism. Salvation comes from persistent high thinking. One may take the principles here briefly outlined and work out his own conclusions and conditions.—Henry Ward in "Health."

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#### INFECTIOUS NATURE OF WHOOPING COUGH.

Dr. Weill, through numerous experiments, has demonstrated that whooping cough is infectious only in its catarrhal stage. He has for twenty days kept almost 100 children in the same division with young patients in the convulsive stage of whooping cough, and only in one case was there any infection, and this in the case of a child which was in the very initiatory period of the convulsive stage. Observations in three minor epidemics have led to the same results. *Berliner Zeitschr.*

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#### BOOTS WITHOUT HEELS.

Grace in walking and the free and easy propulsion of the body forward, also maintenance of the arch in walking, is due to the flexor muscles, which let the heel down gently and with precision, raising it with firmness and vigor, and it follows that these will not occur if the boot or shoe prevents the heel from going down or springing up, as in the case in high heels. A low heel then is imperative. The perfect boot or shoe will have no heel. Nor can free action of the flexor muscles have their best effect if the sole be turned up at the toes. The sole should be flat. There has been great improvement in shoes in recent years, but we are not yet at the end of our progress.—Health.

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#### COLCHICUM IN RHEUMATISM.

Colchicum is an excellent remedy in gout and in rheumatism. According to Dr. Gisevius, of Berlin, it is most

appropriate when the joints are inflamed and encircled with a well-defined redness; especially when this is accompanied with a sparing discharge of urine, not fetid, and when severe nocturnal perspiration forms a concomitant.—Homœo. Envoy

### THE MOSQUITO AND MALARIAL FEVERS.

Malarial fever is one of the most formidable obstacles to the settlement of many new countries and to travel or residence in districts where it prevails. It has generally been thought to arise from noxious emanations from the soil and water in those regions. A new theory has grown up in the last few years which, if true, will be another triumph of scientific hygiene and also enable people to dwell in malarious districts without danger. The theory in short is this, that malarial fevers are caused only by the bite of a mosquito which has fed on some person or material containing the parasite of the disease, and thus transferring this germ to the blood. It is not all mosquitoes that can convey this parasite, but the species known as the anopheles. The London Society for the Study of Tropical Medicine, under the advice of Dr. Manson, its council, has undertaken to solve this question, and the London Times of recent date gives us some of the details of the work. The place chosen was the Roman Campagna, a region some forty by sixty miles in extent, much of which is so malarious that to sleep a single night or even to spend a few hours after dark in it produces the disease. One of the worst spots was selected. A mosquito proof hut was set up and several persons in perfect health from England who had never had malaria fever agreed to live in it from May to October, or during the malaria season. In the day time they

were allowed perfect liberty to go about, as this mosquito never feeds except at night. At night they slept in the hut and breathed the air of the place. The result has been they have not been bitten by the mosquito nor had any form of malarial fever. All the tenants of the hut, including servants, have remained in excellent health. But this was only one-half of the experiment. The other half consisted in sending to England some of the mosquitoes which can inoculate one with the parasite of the disease, mosquitoes which had been allowed to bite and feed on the blood of those suffering with malarial fever. In England they were allowed to bite persons in excellent health who had never been in malarious regions or had malarial fever. The result was that they became very ill with it. The malarial parasites were also found in their blood.

So far as it goes this experiment is very interesting. It does not, we think, amount to a positive demonstration that the disease can be introduced into the system in no other way, but it goes a long way towards such a demonstration. Should future experiments justify this conclusion, malarial fever, and perhaps also yellow fever, may be avoided by those living in districts infested with its parasites and together the anopheles mosquito by living in tents or huts proof against them.—Health.

### HISTOLOGY.

There is no more interesting study than Histology. Some knowledge of it is essential to every student of Physical Culture. For the primary manifestation of life is in the cell.

The primary functions of the cell are nutrition and reproduction. The ability of the cell to nourish itself accounts for the subsequent liberation of force; the

## ABBHEY'S EFFERVESCENT SALT.

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faculty for reproduction for repair and growth. With these things effected everything is possible. To be effective the elements must be harnessed. Life force asks nothing but time and space. It is fraught with Infinite Intelligence, builds its own engines and moves them at will. Beginning with a microscopical speck it produces the most gigantic form of plant or beast, and so certain are its laws, however manifold, that given the primary speck or cell the microscope reveals its kind and decrees its ultimate form and approximate size. Therefore, to properly feed the cell, cultivate the cell and propagate the cell, is the essence of Physical Culture. Injury to one of these little fellows is an injury to the whole; what benefits them benefits the whole. It has been shown by experiment that they are individually, keenly sensitive to heat and other influences calculated to injure them, shrinking and backing away from danger in truly human fashion.

Hunger expresses the fact that millions of these little fellows want nourishment that they may generate the force necessary to perform their functions. Appetite or the demand for special kinds of food is indicative of their need of certain elements necessary to their well being.

Somnolence probably indicates their desire for reproduction; as sleep is our time for recuperation. Our desire for stimulants is doubtless due to the fact that we are using up the cells too fast; and this is the crime of all crimes judged by the standard of Physical Culture. It populates the land with unsightly people, and makes them a prey to all manner of germs in whose bodies Vitality finds a better instrument and manifests a vigor and activity fatal to the life of the depleted and imperfect cells of over-worked humanity.

Physical Culture has no more serious problem to deal with than this. Its first duty is to fit humanity to resist the ravages of disease. To depend on drugs to do this is like entrusting your courting to the other fellow.

Given a perfect condition of body and mind you may laugh in the face of Pestilence. No germ can exist where every moment it is opposed by a vigor greater than its own; but let them once find a lodgement in an overworked, overfed or disordered system and, in the language of Fitzsimmons, they soon have him going.

If you want a motto take this :  
 Be strong to be well.  
 Be well to be happy.  
 Be happy to be beautiful.  
 Be beautiful to be lovable.  
 Be lovable that you may approach, and your offspring some day reach, the plane on which Humanity and Divinity meet.—  
 Mrs. Alexander Whitley in "Health."

#### "BOBS" A HOMŒOPATH.

The cause of Homœopathy is making rapid advance in all parts of the British Empire. Out in Tasmania the government have just increased the subsidy to the Hobart Homœopathic Hospital to the amount of £500. During the debate in parliament an interesting discussion took place. Remarks were made by some of the opponents of Homœopathy that drew forth the following interesting letter reproduced from the Tasmania Record :

SIR,—Mr. John Hamilton, member of Parliament for Glenorchy in the Tasmanian House of Assembly, is thus reported, in speaking upon the motion for a pound-for-pound grant up to £500 for the Hobart Homœopathic Hospital : He "thought it was absurd to have a second hospital for a particular fad—" ("Oh!")—to be supported by the State in Hobart." I take the following from the Homœopathic World for July, just received :—Dr. Mudden, speaking at the opening of the Phillips Memorial Hospital at Bromley, Kent, said : "So long as they could show results such as those he had just given, they could invite the fullest investigation into their practice and principles, and so long as they could count upon the public support of such men as Sir Henry Tyler (who performed the opening ceremony), whose able adherence they were all proud to proclaim, and men of such universal pre-eminence as Field Marshal Lord Roberts—(loud applause)—they could afford to smile at the oft-repeated taunts that homœopathy might be all very well for treating infants and hysterical women, but was quite out of place in the treatment of strong-minded, intelligent men. (Laughter and applause.)

The editor added : "Lady Roberts is an excellent amateur homœopath when out of the reach of professional help.

Many of Lord Roberts' staff are, to our knowledge, homeopaths, like himself." And when we find that, in addition to Sir Henry Tyler, men of the stamp of Alderman Sir F. W. Truscott attending the opening of this Homeopathic Hospital, we may well smile at the sneer of Glenorehy's wisacere. Yours, etc.,

H. T. GOULD.

### INFANTS' APPAREL.

There is still another source of evil in the improper arrangement of the infant's apparel which should not be forgotten. While it may be adjusted so as to meet the requirements of muscular and circulatory freedom, and thereby insure a healthful demand for nutrition, the over-zealous mother may have been too lavish in the quantity. Much as we deprecate ill-judged exposure, we are inclined to believe it is scarcely more injurious than over-stimulating the tender systems of infants by means of injudiciously applied heat. Heat, beyond a certain degree, or when too long continued even in an inferior degree, acts like any other stimulus upon the vibratile system of very young children. It over-stimulates the nervous, goads to excessive action the circulatory, and relaxes the muscular systems. In consequence of this, the different parts of the body do not develop in their most healthy order, or in their natural proportions—the whole body is urged to a precocious expansion. We thus invite disease by the destruction, or too great a diminution, of certain important secretions. The over-tenderly brought up children, "the instant the winds of heaven a little too rudely visit them," become early victims to serious diseases, or drag out a protracted existence in which there is neither comfort

nor enjoyment. This hot-house plan of rearing children, in consequence of which no organ is prepared to perform its functions properly, has ever had more victims than triumphs. E. P. Triem, M. D., Manchester, Ia., in A. L. H. Trans., 1899.

### WEAK EYES CURED BY OUTDOOR LIFE.

Dr. Felix Oswald tells that various diseases of the eye, including myopia, strabismus and catarrhal ophthalmia, are due to a scrofulous diathesis, and sometimes to a general debility, and can be radically cured only by outdoor exercise and a more nutritious diet. But a transient "weak-sightedness" (Schwach-sichtigkeit, as the Germans call it), is eminently a disease of the school room, caused by a persistent abuse of the eyes, poring for hours together over a spelling book or writing by the light of a flickering candle (much worse than twilight), as well as by the wretched print of our modern dictionaries and cheap cyclopedias. It should be kept in mind that reading and writing, even under the most favorable circumstances require an effort to which the eye can only very gradually accustom itself. Hereditary influences and the preliminary exercises of the infant's eye, as, in examining picture books, the first graphic essays with a slate pencil, etc., may help to smooth the difficulty; for it is a fact, attested by the experience of all school-teaching missionaries, that the eyes of an adult, sharp-sighted savage begin to smart and water at the first attempt to decipher the hieroglyphics of his primer. The rudiments ought to be taught in half-hour lessons, with liberal intervals of rest and out-door play; and scrofulous children should never be sent to a public school till after a novitiate of at least six months

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of home studies. Instruct them never to pore over a book, but to keep the head erect, and, at the first symptoms of dim-sightedness, to let the eyes rest upon some distant object, till the optic nerve has recovered from the short-range strain. The hues of the forest have a wonderfully strengthening influence upon weak eyes, almost like its air upon weak lungs; a woodland excursion is like a return to our native element, the birthland to whose life conditions the organs of our ancestors were originally adapted Health.

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