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MONTREAL

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AMERICAN INSTITUTE OF HOMŒOPATHY.

ANNUAL MEETING AT ATLANTIC CITY.

The American Institute of Homœopathy held one of the most successful meetings of its fifty-five years' existence at Atlantic City during the latter part of June. There were about 1,500 Homœopathic physicians and friends present. Representatives were present from nearly every State in the Union, while Canada received generous attention and was ably represented by Drs. Bates, of Hamilton, Anderson, of Toronto, and Fisher, H. M. Patton and Griffith, of Montreal.

In his annual address President Bailey specially mentioned the progress Homœopathy was making in Canada and gave Montreal particular praise. The American Institute is the largest society of physicians on the continent and constantly looks to the interests of Homœopathy throughout the world.

In the business sessions there was a happy showing of prosperity, many of the veterans were present—but some familiar faces alas will be seen no more.

Every section of medicine was ably represented and many papers of value were presented and discussed by the attending physicians. Special attention was given to materia medica, sanitary science, obstetrics and surgery. All papers read at these meetings are collected into one volume and a copy sent to every member of the Institute.

In recognition of the Institute's members residing in Canada Dr. A. R. Griffith was appointed secretary of the section in obstetrics and Dr. H. M. Patton was selected as a member of the section in surgery.

The next meeting will be held in Cleveland, Ohio, when a great rally is expected.

Mention must be made of the elegant manner in which the local committee, led by Dr. Bailly, looked after the comfort and pleasure of all delegates. Many enquiries were heard concerning Montreal and it is quite within the range of possibilities that our city may be able to entertain the Institute at no very distant date. Such a meeting would do much to stimulate our schools and remove some of the prejudice now existing against the Homœopaths.

Terse Rules.—Drink less, breathe more; eat less, chew more; ride less, walk more; clothe less, bathe more; worry less, work more; waste less, give more; write less, read more; preach less, practice more.—Medical Record.

POINTERS ON IPECACUANHA.

The red string symptom or keynote of Ipecacuanha is a constant desire to vomit, a constant nausea. Remember this one great characteristic. No matter where, when and under what conditions it is found; no matter what the name of the disease, when this symptom is prominent, think of Ipecacuanha. As a matter of course, the more symptoms in a given case calling for the remedy, the better. The tongue is generally clean in these cases don't forget this.

The gastric symptoms are the most prominent. Much nausea and vomiting; disgust for all food; there is no relief obtained from the vomiting. Now, there is a remedy that comes in here, and from which we must be able to differentiate Ipecacuanha, namely, Antimonium Crudum. With one remedy the tongue is clean, but in Ant. Crud. it is thickly coated white. The stools of Ipecacuanha are green, very green, bloody or fermented, and there is pain about the umbilical region. In coughs and in asthmatic troubles, Ipecacuanha is frequently indicated. There are suffocative attacks of breathing; the respiration is oppressed; it is quick, anxious, deep. There are coarse rales all over the chest with violent paroxysms of coughing and retching. There is great dyspnoea, and the countenance looks pale and anxious as if to say to the physician: "Cannot you help me?" Cough with every breath. Here we must differentiate our remedy from Antimonium Tartaric. With the latter remedy we find fine rales and but little cough. The chest is full of mucus, but they cannot cough it up. The dyspnoea is worse than under Ipecacuanha.

In threatened abortion I always have Ipecacuanha in my mind. There is in these cases a sharp or pinching pain around the umbilicus. This pain descends to the uterus. The woman has nausea and discharge of bright red blood. Do not forget this flow of bright blood. Whether in abortion, after labor, or menorrhagia or other causes, bright red blood from the uterus indicates Ipecacuanha. When menstruation is too early and too profuse, think of this remedy. Ipecacuanha is an interesting remedy and one that the true Homœopathic physician values highly.

A man of thirty years called at my office a few months ago, with what his doctor called "chronic dyspepsia." He

had taken Bismuth, Pepsin, Quinine, Iron, Strychnia and cathartics till he had become disgusted with healing art in general and his doctor in particular. The moment I saw the long, lean, haggard and worn-out form of the individual, Ipecacuanha came to my mind. I had read, I don't know where, that where this medicine was indicated the patient often had a drawn, nauseated expression about the mouth. This man had that. He spit several times while relating his troubles. Ipecacuanha cured him in about two weeks. In intermittent fevers it finds a most prominent place. In his "Forty Years' Practice," Jahr places Ipecacuanha at the head of the list of remedies in the treatment of intermittent fever, and recommends its administration by commencing the treatment of every case with Ipecacuanha, 30x. He says: "I almost always commence the treatment with Ipecac., 30x, unless some other remedy is distinctly indicated. I give a few globules in water, a teaspoonful every three hours, beginning immediately after the chill. By pursuing this course I have cured many cases of this fever by the first prescription, thus saving myself a good deal of necessary seeking and comparing. If it does not help altogether, it changes the character of the fever so that Arnica, Arsenicum, Ignatia or Nux Vomica will complete the cure." A goodly number of other Homœopathic authors give this very same advice. I, too, have often acted on this teaching, and with success. The great French physician, Dr. Charge, speaks thus of this routine habit of prescribing Ipecacuanha: "I have known practitioners, highly commendable in other respects, who always begin with Ipecacuanha under the pretense that after it the case was better outlined, and the choice of the true specific was consequently easier. This is simply an encouragement to indolence. Ipecac. presents itself to us with so clearly defined features that it is impossible, with a little attention, not to recognize at once the cases which call for it."

Miss A. S., aged forty years, black hair and eyes, had long been subject to attacks of ague. She had taken much Quinine, but the chills would return at stated intervals. She has chills every other day. Chill begins in her hands, as she says, then comes violent headache. As the headache goes off she is attacked with violent nausea. Nausea all the time. No thirst with the chill,

but violent thirst with the heat. Ipecacuanha cured at once. She gained in weight, and for ten months there was no recurrence of the trouble. I then lost sight of her.—Homœopathic News.

GOOD BREAD.

Of all the ills which flesh is heir, perhaps none is more common than Dyspepsia in some one of its many forms. To what extent may the cause be traced to our daily food?

I believe I am safe in saying that either impure or improperly cooked food or an unharmonious choice of articles making up the bill of fare is largely responsible for the prevalence of stomach disorders.

The old saying "bread is the staff of life" has sound reason in it. Flour made from wheat, and meal from corn and oats are rich in the waste repairing elements—starch and albumen and head the list of articles of food for man.

Good, light, sweet bread makes a plain meal acceptable and covers a multitude of culinary sins and there is no one thing on which the comfort of a family depends so much as the quality of its home-made loaves.

Opinions as to what constitutes good bread differ as much as tastes and opinions concerning anything else but all will agree that bread to be good should be light and sweet, that is free from any perceptible acid or yeasty taste—flaky, granular and not liable to become a doughy mass.

If members of the family have delicate digestive powers they will not use new bread and therefore must have such as will keep with little change of texture and none of quality or taste for several days.

To obtain these qualities consider first the flour. Flour in which gluten is abundant will absorb much more liquid than that in which starch is contained in greater proportion, yet neither gluten

nor starch will dissolve in cold water. There is a great difference in opinion as to the comparative merits of bread made from fine white flour or whole wheat flour, but my personal preference is for the latter, as the coarse particles stimulate the digestive organs, causing the fluids to flow more freely. The nitrogenous matter giving abundant material for the growth of bone, hair and teeth; can I see any good reason for robbing our flour of its phosphates and supplying the loss by calling on the druggist for some of the many makes of "Phosphate of Wheat."

Bread should undergo but two fermentations, the saccharine or sweet fermentation and the vinous, and should not be allowed to pass this change, because the third or acetous then takes place; the yeast in fermenting combines with the flour and sugar which has been added, and carbonic acid gas and alcohol are produced, this gas trying to escape is confined by the elastic, strong gluten which forms the walls of the cells in which it is held, its expansion changes the solid dough into a light, spongy mass. The kneading process having distributed the yeast through the bread.

The water used in mixing softens the gluten and cements the particles of flour together ready for the action of the carbonic acid gas.

In baking, the loaf grows larger as the heat expands the carbonic acid gas and converts the water into steam and the alcohol into vapor, but it, in the meantime loses one sixth of its weight by the escape of these through the pores of the bread.

Some of the starch changes into gum, the cells of the rest are broken by the heat, the gluten is softened and made tender, and the bread is in the condition most easily acted upon by the digestive fluids.

Flatulence may be accounted for in one way at least, by the use of imperfectly baked bread, the yeast ferment not being entirely arrested.—N. A. Medical Review.

"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."

SPOTTED FEVER.

By ROBERT BOOCOCK, M.D., in Homœopathic Envoy.

In your article in the June number of your valuable paper on spotted fever, my experience differs from your description, or what perhaps is more correct to say, that the disease has different forms or types in different sections of the country. It is now nearly twenty-five years since we had the last visit of the fever, though I have seen a few sporadic cases since then. And I remember in every case the first symptom noticed was the sudden loss of strength, so sudden in many cases that the sufferer fell in a heap to the ground. Then the vomiting of black or black green in some cases, like black ink of a watery character, not greasy or rosy or bilious. If this was not arrested in a few hours, the death damp would gather and a complete collapse of all the vital power would occur. In some the dark purple spots would make their appearance with the vomiting, but in many these spots would not come out until after death. And I have seen them spread rapidly even while the funeral service was going on, and have felt the horrid stench of putrefaction, and yet in no case did I ever see a second case in the same house, neither did I experience any effects from contact with this fever; I never lost a single case. I believe spotted fever to be a two-fold disease, a typhoid fever and cerebro or spinal meningitis inflammation, in many cases both the meninges of the brain and spinal chord are affected, and in some cases the spinal chord itself is affected more often than the brain. My first remedy was *Baptisia* tincture, this removed the vomiting and controlled the fever and restlessness, but did not remove the pain in the head entirely, though it did give some relief, but *Gelsemium* tincture, or the first decimal dilution relieved the pain speedily and also the weakness. I then began and used these in alternation every half hour until I saw improvement, then at longer intervals. Improvement was seen in the purple spots growing paler and the vomiting or gastric condition being cured. These two remedies cured my case in 10 to 15 days. I was then living in Mount Vision, Otsego county. The old school doctors lost every case; had some 30 or 40 cases in a ride of thirty

miles. I used the word visitation, for it could not be called properly an epidemic, though it passed through or across the country. For though the people were very much alarmed by the suddenness of those attacked, and speedy deaths of all who were treated by the allopathic, yet no one took the disease, and the farmers and their wives volunteered to sit up and in every way were at the side helping the sick. Of course this great success of mine made the homœopathic system very popular, and made me to be in great demand. I had a few cases when practicing at Coxsackie, Green county, N. Y., and the same medicine made the cure then, and one case since of purple rash followed by diphtheria was cured by these medicines.

This may be of use to some, and you have full liberty to do what you may deem wise.

Flatbush, L.L., June 12th, 1899, 175 Woodruff Avenue.

 IODINE IN THE NIGHT SWEATS OF CONSUMPTION.

By J. HENRY HALLOCK, M.D., Adirondack Mts., Saranac Lake, N. Y.

Though *Iodine* may be indicated in a large number of diseases, in none is it more often indicated than in phthisis, and here its most marked action has been on the night sweats.

Those who have had friends in the second or third stage of tuberculosis know how this symptom annoyed them and will be glad to learn of a remedy on which they may depend.

During the last three years I have had ample opportunity to test it in all stages of the disease, and it has rarely disappointed me. I could report upwards of fifty cases where *Iodine* has played some part in the cure, but tubercular case No. 74 illustrates fully.

Dr. A., of Baltimore, came under my care for a well developed condition of phthisis in the spring of '98. He had lost weight, was very weak, had a poor appetite with weak digestion, coughed and raised from a cavity fast forming in his right lung. He had suffered much with night sweats, to which he laid much of his weakness, and he was more than anxious to have them relieved.

I gave him *Iodine* four times a day for ten days, at which time he had not only

lost his sweats but had gained perceptibly in every way.

He had felt relief after a few doses, so there was no mistaking what was benefiting him, though *Phosphorus* and *Bacillinum* with Adirondack Mountain air were needed to cure him.

By many it is thought consumption cannot be cured by homœopathic remedies, but after curing myself and having several years' experience in treating a larger number of cases I am convinced that homœopathic remedies are as far ahead here as in other diseases.

Many times it requires the aid of a proper climate, but whether we have our patient in an atmosphere where every breeze is loaded with oxygen from blowing over thousands of acres of forest trees or whether we treat them at home our safest dependence is in Homœopathy.

Had I the space I could report many cures to prove my statements.—Homœopathic Envoy.

JULY DONATIONS.

Mrs. Hector Mackenzie, window boxes filled with plants.

Mrs. Sheffield, books and magazines.

Mrs. E. Packard, ice cream cake and 5 doz. lemons for nurses.

Montreal Flower Mission, five donation.

Mrs. M. Macfarlane, 3 qts. fruit, empty vials.

Mrs. Harry Phillips, 6 qts. fruit.

Mrs. Willett, Chambly, 23 qts. gooseberries, 10 qts. currants.

Mrs. J. B. Stephenson, flowers for patients.

Mrs. C. C. Cleveland, Danville, Que., flowers for nurses.

HOW TO CHECK BLEEDING FROM THE NOSE.

When hemorrhage of this kind seems to be spontaneous, and there is no apparent exciting cause, it is best to let it alone, as it may be an effort of nature to get rid of an oversupply of blood, and thus relieve some internal organ from over distention and congestion. When it becomes necessary to check hemorrhage from the nose, one of the following methods may be tried: If blood flows from the nose in a continuous stream, or when the loss has become considerable by continued and constant dropping, it may be checked by applying a cold douch to the face or back part of the neck. The snuffing up the nostrils of cold water containing salt, Tannin, or Alum is very good.

[Tampons saturated with the tincture of *Geranium Maculatum* are much more efficient.—Ed. Homœopathic News.]

CHARACTERISTICS OF NUX VOMICA.

A great many of the most characteristic symptoms of *Nux Vomica* are brought about by its action upon the spinal cord, intensifying spinal activity and irritability; there will be great hyperæsthesia of the sensorial system developed, as will be shown by the great sensitiveness to noise, to cold, to draughts of air, the sense of sight is very keen and the same may be said of the sense of touch. It is not what is termed an antipsoric, as its sphere is not deep enough to cover that chronic miasm. It is a quick-acting remedy, the symptoms are developed with great rapidity. The patients themselves are quick in their actions and of a fiery, nervous temperament, is a remedy that is often indicated

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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.

for persons of sedentary habits associated with overtaxing the mental faculties and the loss of sleep, whether from sitting up studying or nightly dissipation.

Nux Vomica is a good friend to professional men; they are dyspeptic and take very little exercise; they do not take enough sleep and will wake up in the morning with a big head, feeling as though they had been on a spree all night.

There is one peculiarity about the sleep of a *Nux Vomica* patient and it is this: he will frequently lie awake for hours with thoughts running in and out of his head; it is impossible for him to go to sleep, and when he does, which will be some time after midnight, it will be only for a short time, for we find him awake again by four or five o'clock, and after another spell of wakefulness he drops off to sleep and wakes up late, terribly used up. He has a bitter taste in the mouth, with tongue coated and a dull headache. These are the conditions and the kind of patients that will respond quickly to *Nux Vomica*.—Dr. B. L. Hotchkiss in *Homeopathic News*.

THE SUCCESSFUL PHYSICIAN.

A physician who wants to be successful in the treatment and cure of diseases should have a thorough knowledge of the various diseases of humanity. He should know the effect on the human system of all medicinal substances, whether administered in small, medium, or large doses, what medicines should be given while the stomach is empty, and what conditions medicaments should be given after meals.

Of equal importance is the physical and mental capacity and will-power of the doctor. He should require strict and faithful compliance with his orders and directions in the sick room. His medicine should be given strictly to the minute and, as to quantity, to a single drop. He should be, while demanding obedience, at the same time kind, gentle, and smiling when his directions are observed; on the reverse, reproving severely, yet kindly, nevertheless. He should be able to instill hope and confidence into his patient, generating an unspeakable belief in the mind of the feeble sufferer that complete and happy recovery will absolutely ensue.—Practical Medicine.

CHINESE MEDICINE.

William M. Tisdale, in *Lippincott's* says the taking of a first dose of Chinese medicine is an ordeal which can be better imagined than described. It is invariably a bitter decoction. If the patient prefers, the herbs are given him in square pasteboard boxes holding about a pint each, and he "cooks" them at home. A Chinese prescription contains from ten to sixteen varieties of herbs, flowers, nuts, gums, barks, and roots. More than three thousand species are classified and used as medicine, but of these only some six hundred are in general use. Whether the patient takes the remedies at the sanitarium or at home, he is requested to present himself every day before the doctor for another pulse examination, so that every change in his condition may be noted and the prescription varied accordingly. The Chinese are clever chemists in the line of pharmaceutical preparations, and prepare many medicines for their own use in the form of pills and powders; but these are employed by the Chinese physicians in treating the ailments of white people only to a limited extent. The reason given is that the simple hot decoctions of the fresh root or plant are the best form, because the most readily assimilated into the system.

CLINICAL CHIPS

Cratægeus is a safer cardiac stimulant than *Digitalis*, and can be given for a long time without danger.

Gaultheria is a remedy too frequently overlooked in rheumatic fever.

The action of *Anacardium* on the mental brain makes it a valuable remedy in functional mental disorders.

Hydrochloric Acid dilute is our best remedy in chronic gastritis.

Iris versicolor has a greater tendency than any other remedy to relieve the liver of its pent-up bile. It also stimulates the hepatic peristaltic action and aids the flow of bile into the intestine.

Jaborandi is very frequently indicated in the migraine when the ocular muscles are involved.

Verbena Hastata is one of our newer remedies for epilepsy—and a very good one, too.

Senecio is valuable in acute insanity resultant reflexly from uterine disorders. Insomnia and sexual erethism always call for it.—Clinique.

**ARREST OF OBSTINATE HICCOUGH
BY DEPRESSING THE TONGUE.**

Louis Kolipinski says that a man aged fifty-nine, with a vigorous constitution somewhat impaired by alcoholism, had chronic gastritis. Persistent hiccough began, which kept him awake at night. He became too weak to work and remained in bed. On the fifth day he became much alarmed and declared that the hiccough was killing him. He complained of fullness in the throat. On depressing the tongue the soft palate was seen to be congested and the uvula thickened and elongated; hiccough recurred twice; each time the soft palate was elevated. The pressure on the tongue was continued, with the object of noting the action of the palatal muscles. But the hiccough ceased. An hour later the hiccough returned. The patient placed himself before a mirror and depressed his tongue with a spoon handle. The hiccough at once ceased. He passed a comfortable night. In the morning the hiccough returned, but it ceased when he got up. Two days later it reappeared, but was promptly arrested by the same means.—Maryland Med. Jour.

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NURSES' PICNIC.

On Tuesday, August 4th, Mrs. G. D. Phillips gave a picnic to the nurses of the Homœopathic Hospital on the beautiful grounds of Mr. Harry Phillips, Rosemount Avenue, Westmount. After spending a very pleasant afternoon in various pastimes, all partook of the sumptuous repast, which was provided by Mrs. G. D. Phillips and Mr. and Mrs. Harry Phillips. When all had done justice to the luxuries of life, a vote of thanks was tendered to the kind host and hostess for the munificent way in which all had been entertained.

That afternoon will remain a "Red Letter" day in the nurses' memory.

Among those present were: Dr. and Mrs. Griffith, Dr. and Mrs. Patton, Dr. and Mrs. Morgan, Mrs. A. D. McLean, Miss Kisby, Miss Egan and Miss Kent with her staff of nurses.

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