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MONTREAL

Homœopathic Record

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

VOL. II. No. 12

MONTREAL, DECEMBER, 1897.

25cts. A YEAR

Montreal Homœopathic Record

— PUBLISHED MONTHLY —

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

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tions to be sent to the Business Manager, care Sterling
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the Editor Record, care Sterling Publishing Co., 37
St. Gabriel St.

HOSPITAL ANNUAL MEETING.

ENCOURAGING REPORTS—LOW DEATH RATE
PAMPHLET COVERING THE REPORTS
IN DETAIL TO BE PUBLISHED.

The annual meeting of the Montreal Homœopathic Hospital was held in the governor's room at the hospital on Thursday, 9th instant, and was a most encouraging one. The most gratifying feature of the reports was the low death rate during the year. The number of patients treated last year was 163, of whom 7 died, or 4 percentage. This year there were only 5 deaths out of 238 cases, a percentage of 2.1. There were 150 public, 29 semi-public and 59 private patients treated during the year; of whom 189 were Protestants, 42 Catholics and 7 of other denominations. The out-door department showed a total of 59 prescriptions in the general branch, and 163 in the eye and ear department.

The Treasurer of the Woman's Auxiliary, having the management of the current expenses of the hospital, reported receipts during the year of \$4,200.49, and an expenditure of \$3,971.57. The principal items of revenue were: Subscriptions and donations, \$1,015.41; entertainments, \$1,259.21; patients, \$1,751; nurses' fees, \$51; dispensary, \$70.70. The items of disbursements included wages, \$1,187; food supplies, \$899.88; other household supplies, \$428.95; medical and surgical supplies, \$331.83; laundry, \$619.20; gas \$279.04.

Four life governors were elected during the year as follows: Mr. George

Ellis, Hon. Sydney Fisher, Dr. Arthur Fisher, and Mrs. R. C. Fisher.

In May last the Phillips' Training School graduated five nurses as follows:—Misses Emma Egan, Lurella Adams, Nellie Grant, Edith Pangborn and Jessie Strachan.

Officers for the current year were elected as follows:—President Samuel Bell; vice-presidents, James Baylis and Major R. J. Evans; secretary, William McHarrie, M.D.; treasurer, E. G. O'Connor; committee of management, Lady Van Horne, Mrs. Hector MacKenzie, Mrs. Sutherland Taylor, Mrs. H. Thomas, Miss Moodie, Mrs. W. E. Phillips, Mrs. E. Von Rappard, Mrs. T. Nichol, Mrs. R. J. Evans, Miss M. E. Baylis.

Medical Board—In-door staff, surgeon, H. M. Patton, M.D., attending physicians, A. R. Griffith, William McHarrie, E. M. Morgan, E. A. Grafton, A. D. Patton; out-door staff, Laura Muller, Scott Nichol, A. D. Patton, E. A. Grafton, William McHarrie; Eye and Ear department, E. M. Morgan; medical superintendent, H. M. Patton; honorary counsel, J. S. Buchan; honorary auditor, A. M. Plimsoil; trustees to Jubilee Endowment Fund, E. J. Barbeau, R. C. Fisher and George Sumner.

THE HOMŒOPATHIC ASSOCIATION.

The Association held its annual meeting on the 6th instant, and elected the following officers:—Directors, Charles Alexander, J. A. Mathewson, James Baylis, F. E. Grafton, E. J. Barbeau, Dr. Hugh Paton, W. G. Nichol, Dr. A. R. Griffith, E. G. O'Connor, and Samuel Bell.

The Board of Trustees of the College of Homœopathic Physicians and Surgeons were re-elected as follows:—John Torrance, I. G. Ogden, W. Sutherland Taylor, James A. Gillespie, James A. Mathewson, Charles M. Hays, James Baylis, Roswell Fisher, Major R. J. Evans, A. R. Griffith, M.D.

Elective Governors to hospital for two years: James Baylis, Mrs. James Williamson, Mrs. James Hutton, Mrs.

Charles Morton, Mrs. C. H. Dobbin, Mrs. T. Nichol, E. G. O'Connor, Mrs. Sutherland Taylor, Alf. H. Thomson, Scott Nichol, M.D.

It was decided at this meeting to print in pamphlet form and issue for general distribution the annual reports covering the work of the various branches of the Association, including the hospital, dispensary, auxiliary and college.

AUXILIARY OFFICERS.

At the annual meeting of the Woman's Auxiliary the following officers were elected for 1897-'98: President—Mrs. Hector Mackenzie; Hon. Vice-Presidents—Mrs. W. E. Phillips, Mrs. James Hutton; Vice-Presidents—Mrs. W. Sutherland Taylor, Mrs. E. Von Rapard; Secretary—Mrs. J. A. Sheffield, 341 Metcalfe avenue, Westmount; Treasurer—Mrs. Walter M. Patton, 64 Crescent street.

HOSPITAL NOTES.

Patients and nurses appreciated the good things sent in for Thanksgiving dinner.

A cordial invitation is extended to friends of the Hospital to be present on Christmas afternoon in the Board Room at three o'clock, to cheer and encourage the workers by their presence, and see for themselves something of the work being done.

Miss Amy Akin, a graduate of Grace (Homœopathic) Hospital, Toronto, has been appointed to the position of Lady Superintendent of our hospital. Miss Akin begins her new duties on January 1st. She comes with the highest of recommendations, and will no doubt fill the position with satisfaction.

CHRISTMAS NOTES.

Last year's Christmas celebration in the Hospital proved so successful, it is the intention to repeat it again on Christmas afternoon, when a tree will be provided for all who may be in the Hospital at that time. Patients who are able will be brought down stairs after Christmas dinner; there will be some music, and the hour made as cheerful and pleasant as circumstances permit.

Donations for Christmas dinner for patients or nurses may be sent to the Hospital to Miss Kisby's care. Donations for the tree, either in gifts or money for the purpose, may be sent to

the Hospital addressed to Miss Baylis a day or two previously.

MUMPS.

This inelegant term is used to describe an acute infectious disease, in which the parotid gland is always inflamed. It is epidemic in character, and is generally confined to childhood. There is a long period of incubation in mumps, the disease appearing all the way from nine days to three weeks after exposure. During this time the symptoms vary greatly in different children. There may be slight fever with a disinclination to study or play. Convulsions sometimes usher in the disease in young and nervous subjects. A swelling finally appears in the parotid gland just below and in front of the ear. The face will assume the well-known half-moon shape or full moon if both sides are affected. Any motion of the jaw or neck causes pain. The fever increases. Swallowing is difficult, and often impossible on account of the pain. The glands under the jaw and in the neck may also become swollen. These symptoms may all be increased or lessened according to the activity of the poison producing the disease, or by the resistance of the patient. As a rule the swelling will continue for a week and then gradually subside. Occasionally a permanent swelling of the gland will remain or an abscess may form. The disease may suddenly disappear from the face and appear in some other portion of the body. The most dangerous complication is meningitis, and the wonder is that more cases are not fatal when the possibilities of serious consequences are considered.

The greatest danger of contagion is probably at the close of the incubation period, and at least (24) hours before the disease can be determined. It is not necessary to keep children out of school for three weeks after the symptoms of the disease have subsided.

The treatment of mumps is simple, and can usually be successfully carried out without medical advice. As in all acute cases Homœopathy offers the quickest and surest relief. Isolation of the patient is advisable, especially if other children are delicate or predisposed to scrofula or consumption.

Local applications are rarely of any service unless the pain is severe, when hot arnica or witchhazel fomentations may give relief. On account of the pain in swallowing the diet will necessarily consist largely of liquids. The remedie-

found useful are Belladonna in right side cases, with extensive swelling, throbbing headache, red face, injected eyes, the pains of a darting, lavivating character.

Pulsatilla in blonde children, especially girls, with swelling of both sides.

Rhusstax and Lycopodium are often useful in cases following scarlet fever.

Mercurius may be useful when the tongue is swollen and flabby, with marked gastric symptoms.

A. R. GRIFFITH.

SICK-ROOM COOKERY.

ORANGEADE for children who refuse raw egg with milk. Beat the egg very light, nearly fill the glass with cold water, squeeze in the juice of an orange, add sugar to taste. Lemon juice may be substituted for older persons.

BEEF TEA FOR CHILDREN.—Mince a quarter of a pound of round steak, being careful to lose none of the juice, cover it with two tablespoonfuls of cold water, and let it stand one hour; add a tiny pinch of salt. Strain before serving.

BANANAS may be baked exactly like apples; when the skin cracks they are done. Sugar and cream may be served with them. They may also be peeled, cut in slices, and baked with a little water and sugar—a dash of lemon improves them.

RICE WATER.—Two tablespoonfuls Carolina rice; wash well; macerate three hours at a gentle heat in one quart fresh water; then boil one hour; flavor and sweeten.

DONATIONS FOR NOVEMBER.

Per Miss Macculloch—From Mr. Uley, 3 brushes; Chase & Sanborn, 10 lbs. Seal Brand coffee; Mr. Seybold, 1 snow shovel, 1 piece zinc, 2 oyster knives; W. W. Ogilvie, 1 barrel flour, 1 bag cornmeal; Bruneau, Currie & Co., 1 bag rolled oats.

Per Mr. Alf. H. Thomson—From Canada Sugar Refining Co., 1 barrel sugar; Mrs. Hector Mackenzie, 1 doz. towels, 1 doz. dusters; Dr. Laura Müller, 1 butter knife, 1 pickle fork; Mrs. Wait, 1 turkey; Dyer Mfg. Co., 1 doz. squares of jelly; Mrs. C. H. Binks, 1 saucepan; Mrs. J. A. Sheffield, 1 turkey; Munderloh & Co., 1 large jar vinegar; Mrs. E. Von Rappard, oranges and grapes; Mrs. W. E. Phillips, cranberries and apples; Mrs. Gaunt, 6 lbs. sausages and cranberries; Mrs. Jas. Baylis, 2 chocolate cakes; Mr. S. Bell, cakes; Mrs. J. T. Hagar,

pumpkin and lemon pies; Unknown, old linen and vials; Davis-Lawrence Co., Weyth's Malt Extract; P. Layton & Bros., 148 Peel street, the use of a small organ.

WOMAN'S AUXILIARY, MONTREAL HOMŒOPATHIC HOSPITAL.

Treasurer's Report, for November, 1897.

Dr.	
To cash on hand, Oct. 31st	\$512 54
" amount received from subscriptions	181 50
" " " " patients	115 50
" " " " nurses services ..	60 00
" " " " dispensary ..	7 30
" " balance from Housekeepers sale ..	64 00
" bank interest	1 10
<hr/>	
Total	\$ 941 94
Cr.	
By amount paid for wages	\$ 58 25
" " " " food supplies ..	233 68
" " " " furnishings ..	95 67
" " " " med. & surg ..	90 25
" " " " House exp ..	213 71
<hr/>	
Total	\$691 56
Balance on hand, Oct. 31st	250 38
<hr/>	
Total	\$ 941 94

ARRIET PATTON,
Treas. W.A.M.H.H

SUBSCRIPTIONS RECEIVED.

The Woman's Auxiliary acknowledges with many thanks the following subscriptions received during November:

S. Bell, Esq., annual sub.	\$ 25 00
Am. Pres. Church, Thanksgiving collection	21 25
Unknown Friend, per Dr. A. D. Patton	14 00
Mrs. H. Thomas, annual sub.	10 00
S. Greenshields, Sons & Co.	10 00
Mrs. Von Rappard	10 00
Mrs. E. K. Green, "Thanks offering for care of maid"	10 00
A. H. Thomson, Esq., annual sub	10 00
Mrs. D. W. Ross, annual sub.	10 00
Bread money	9 25
H. Birks, Esq., annual sub.	5 00
J. Banford, Esq., do	5 00
J. Langhoff, Esq., do	5 00
B. Tooke, Esq., do	5 00
Hugh Graham, Esq., do	5 00
Allopathic Nurse	5 00
Friend of patient in gratitude ..	3 50
C. S. J. Phillips, Esq	2 50
Mr. Evans	2 00
Aux. Fees: Mrs. Evans, Miss Bancroft, Mrs. Morgan, Mrs. Griffith, Mrs. de Forest Smith, Mrs. Doran, Mrs. Binks, each \$2	14 00
<hr/>	
Total	\$181 50

HOSPITAL RECORD FOR NOVEMBER.

In Hospital Nov. 1.....	11
Admitted.....	28
Discharged.....	16
Died.....	3
In Hospital Dec. 1.....	20

A simple preventive against the appearance of wrinkles is this: Saturate a soft towel in very hot water, wring it and apply it to the face, keeping it there for at least twenty minutes. Then dry the face very gently. This must be done just before going to bed. When traveling, if the skin is very sensitive, do not bathe the face except at night and in the morning, and then throw a few drops of tincture of benzoin into the water, so that it may be made soft and agreeable to the skin. *-Lullis' Home Journal.*

THE USE OF STRAWBERRIES.

According to Dr. Withering:—"They are grateful, cooling, sub-acid, juicy, and have a delightful smell. They promote perspiration, and dissolve the tartarous encrustations upon the teeth. Persons afflicted with gout or stone have found great relief from using them largely; and Hoffman says he has known consumptive patients cured by them."

Withering's four-volume work on Botany is well worthy of a place in every medical man's library, for apart from its special object, it is replete with remarks on medical and dietetic subjects. Its author, as all know was a distinguished physician of wide learning. It was of him, when on his death-bed, that it was plaintively said that the flower of physic was withering.—*Chubbott Med. Jur-civil*

The late Lewis Crozer, of Upland Penn., bequeathed \$250,000 for a public library in Chester, Penn., and a half a million dollars additional for a homoeopathic hospital, with a home for incurables attached, in the same fortunate town.

Always keep some *Calendula* tincture at hand to moisten bandages of bloody wounds; it promotes healing and prevents suppuration. *Homoeopathic Envoy.*

TO LIVE 100 YEARS.

DIRECTIONS FOR THE NEW WOMAN HOUSE-KEEPER BY WHICH SHE CAN PROLONG THE LIVES OF HER KINDRED—THE FOOD TO EAT AND THE VIANDS TO AVOID.

It is possible for a woman to so regulate her life now-a-days that she can easily live to be one hundred years old. It depends very largely on what is eaten after the age of thirty years is reached.

The first thing to do is to avoid food that contains limelike properties. For-swear table d'hotte dinners and live strictly according to the rules of health. Eat fruit of all varieties. Fruit contains a large amount of acid, and this neutralizes the effect of those elements which make old age creep fast upon us. The next thing to avoid is bread. It is queer that just the thing the world eats most of is in great degree contributory to shortness of human existence, but medical science declares this to be a fact. So we must cut bread off the bill of fare altogether.

But if you must be careful as to what you eat, you must also be doubly careful about what you drink. In the Alps and in the Pyrenees there is a race of people where boys become old men at fifteen and die of old age at thirty, all because they drink lime water. That long-lived race of people, the Chinese, drink only rain water, if they can possibly obtain it.

It might seem a simple matter to keep lime out of the system, but when you come to examine the matter great difficulties present themselves. Every article of food contains lime. All vegetables gather it up from the earth. The cows and the sheep get lime from the vegetables, and man gets it from both. Of course there are some articles of diet that are freer from lime than others, and if these only are chosen, then something can be done about lengthening the ordinary span of life.

Onions, the doctors say, are admirable youth preservers, and next to them comes the great food of the eastern races—lentils. Fish is really the best thing, next to fruit. Rice comes a little way behind. Then follow eggs and pork. After these come the different vegetables and then veal, mutton, beef and fowls.

Buyers should mention the Homoeopathic Record, to encourage our generous advertisers.

THE SKIN.

There's a skin without, and a skin within.

A covering skin, and a lining skin!
But the skin within is the skin without,
Double inwards and carried completely
throughout.

The plate, the nostrils, the windpipe, and
throat,

Are all of them lined with this inner coat,
Which through every part is made to
extend,

Lungs, liver, and bowels from end to end.

The outside skin is a marvellous plan
For exuding the dregs of the flesh of
man.

While the inner extracts from the food
and the air

What is needed the waste of the flesh to
repair.

Too much brandy, whiskey, or gin
Is apt to disorder the skin within;
While, if dirty and dry, the skin with-
out

Refuses to let the perspiration out.

Good people all, have a care of your
skin,

Both of that without and that within,
To the first give plenty of water and
soap,

To the last little else than water I hope.

But always be very particular where
You get your water, your food, and your
air.

For if these be tainted or rendered im-
pure,

It will have its effect on the blood, be
sure.

The food which will ever be for you the
best,

Is that you like most, and can soonest
digest;

All unripe fruit and decaying flesh
Beware of, and fish that is not very
fresh.

Your water, transparent and pure as you
think it,

Had better be filtered and boiled ere you
drink it,

Unless you know surely that nothing un-
sound.

Can have got to it over or under the
ground.

But of all things the most I would have
you beware

Of breathing the poison of once breathed
air;

In bed, whether out or at home you may
be,

Always open the window and let it go
free.

With clothing and exercise keep your-
self warm,

And change your clothes quickly if
caught in a storm,

For a cold caught by chilling the outside
skin

Flies at once to the delicate lining within.

All you who thus kindly take care of
your skin,

And attend to its wants without and
within.

Need not of cholera feel any fears,

And your skin may last you a hundred
years.

The above is from the pen of Sir Al-
fred Power, K.C.B., and is given here as
conveying many valuable truths in a
simple and attractive form. Would
make a good Band of Hope recitation.—
Christian Words.

HINTS.

Iris vesicular 3 is said to aid digestion
better than pepsin.

Rheumatism, when soles of the feet
are so tender patient can hardly stand,
Antimonium crud.

"Will you tell me a remedy for ap-
proaching deafness?" Three or four
drops of Mullein Oil dropped in the
affected ear for two or three times at in-
tervals of a week may be what is
needed. Internally *Chow* 30 may be of
use for simple deafness with no other
symptoms.

Cold sweat, with diarrhoea or vomiting,
calls for *Veratrum alb.*

Stuffy colds, cough, but little expec-
toration, *Nux vomica.*

The new Cream of Lemon, at the
pharmacies, has become very popular;
"so nice for the skin," everyone says.

For chapped hands, remember *Calus
dolu* ointment; there is nothing better.

Children who are apt to awake with a
choking of phlegm need *Tartar emetic*;
and the best preparation is the syrup
equal in strength to the 4th decimal tri-
turation.

The "saw-like" breathing of croupy
children is relieved by *Spongia* 3.

Catarrh, with always a slight bloody
tinge to the mucus discharged, is often
relieved by *Phosphorus*.

Chronic headache in the *back* of the
head has been cured by *Nitric acid* 3.
The same remedy is also useful in dry,
violent coughs. It has also proved suc-
cessful in the treatment of enuresis
(wetting the bed) when the symptom of
extremely offensive odor of urine was
present.