

**One thousand medical maxims and surgical hints / by Nathaniel Edward Yorke-Davies.**

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ONE THOUSAND

MEDICAL MAXIMS  
AND SURGICAL HINTS

W. R. DAVIES F.R.C.P.

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ONE THOUSAND  
MEDICAL MAXIMS  
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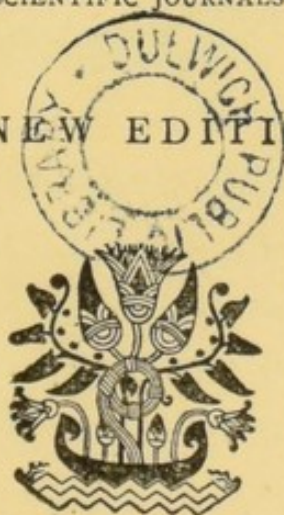
ONE THOUSAND  
MEDICAL MAXIMS  
AND  
SURGICAL HINTS

I. INFANCY                      III. MIDDLE AGE  
II. ADULT LIFE                IV. OLD AGE  
V. MISCELLANEOUS

BY  
NATHANIEL EDWARD YORKE-DAVIES

LICENTIATE OF THE ROYAL COLLEGE OF PHYSICIANS OF LONDON  
MEMBER OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND  
LICENTIATE IN MIDWIFERY AND THE DISEASES OF WOMEN AND CHILDREN, ETC.  
AUTHOR OF 'AIDS TO LONG LIFE,' 'HEALTH AND CONDITION,'  
AND VARIOUS ARTICLES ON OBESITY AND GOUT IN THE MEDICAL AND  
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A NEW EDITION



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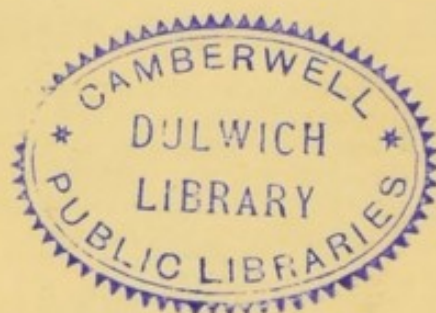
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## P R E F A C E.

THE idea of this little work owes its origin to a series of questions put to the writer by a non-professional man; it thus takes the form of answers to what may be best expressed as a Catechism: these being indexed, the numerous subjects treated can easily be referred to.

The daily life of a medical practitioner shows him more and more how few of those with whom he is constantly in contact in the sick-room and elsewhere, know anything of—what should be of vital importance—the laws that regulate health, and the most simple facts in medicine and surgery, the importance of diet, cleanliness, and ventilation, and some slight knowledge of the functions of the body in health and disease, and how many fall victims to illness, mutilation, and death, through this deplorable ignorance.

In this little work it would be impossible to enter into all details; but the hints given may, it is hoped, be the means of spreading some slight knowledge of the importance of the early symptoms and

causes of those diseases and accidents to which humanity is most commonly subject.

These 'Maxims' have been written by one who has been engaged for the last twenty years in every variety of work appertaining to medicine, surgery, and public health; and he has taken care to use, as seldom as possible, any medical terms not generally understood.

It must be added that for many of these 'Hints' the author is indebted to such great authorities as Sir James Paget, Professor Huxley, Erichsen, Kirkes, Tanner, Sir Thomas Watson, and others.

N. E. DAVIES.

*Sherborne.*

## CONTENTS.

	PAGE
MEDICAL SIGNS - - - - -	8
INFANCY AND CHILDHOOD - - - - -	9
ADULT AGE - - - - -	32
MIDDLE AGE - - - - -	47
OLD AGE - - - - -	65
MISCELLANEOUS ITEMS, EMBRACING : DRAINAGE—MEDI-	
CAL CHARGES—REGISTRATION—BATHING—MEDICO-	
LEGAL FACTS — VACCINATION — EXERCISE — IN-	
QUESTS—VENTILATION—DIGESTION—NUTRITION—	
VITAL STATISTICS—DEATH CERTIFICATES—MINE-	
RAL WATERS—QUACKERY—CLIMATES FOR INVA-	
LIDS—PHYSIOLOGY—NUISANCES - - - - -	80
APPENDIX OF INVALID COOKERY AND PRESCRIPTIONS	115
INDEX - - - - -	121

## MEDICAL SIGNS.

The following are the signs used by medical men in prescriptions :

Oj	or	one pint.
℥j	„	one ounce.
℥j	„	one dram.
℥j	„	one scruple.
℥j	„	one minim (equal to 1 drop).
gr. j	„	one grain.
ss	„	{ one half ; as, ℥ss, half a dram ; ℥jss, a dram and a half.
āā	„	‘ of each substance.’

The quantities in prescriptions are usually written in Roman numerals (j, ij, iij, etc.).

## APOTHECARIES' MEASURE.

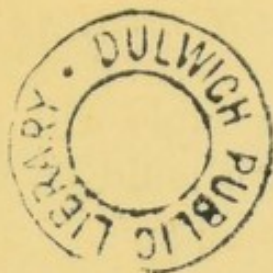
### WEIGHTS.

#### SIGN.

gr.	=	1 grain.
℥	=	1 scruple (= 20 grains).
℥	=	1 dram (= 3 scruples).
℥	=	1 ounce (= 8 drams).

### MEASURES.

1 ℥	=	min.
1 fluid dram	= fl. drm.	= 60 minims.
1 fluid ounce	= fl. oz.	= 8 fluid drams.
1 pint	= O	= 20 fluid ounces.



# ONE THOUSAND MEDICAL MAXIMS.

## INFANCY AND CHILDHOOD.

1. The average duration of life from birth is thirty-nine years in the male, and forty-one in the female.

2. One-fourth of all infants born, die before the age of one year, and most of these, it may be truly said, from improper management.

3. Children dry-nursed never grow up so healthy and strong as those suckled by the mother. There is no equal substitute for mothers' milk within reach of any but the wealthy.

4. In the young, while the functions of nutrition are most active, and the waste of the system is small, the whole time is passed in eating and sleeping.

5. An infant should be put to the breast a few hours after its birth; even should there be no milk, it excites the breasts to earlier action, *i.e.*, hastens the milk.

6. It is a bad plan to begin spoon-feeding a child directly it is born, as is often done, instead of waiting for its natural food.

7. The following table will show the frequency with which infants should be fed, either with artificial or natural feeding :

Under 3 months, every 2 hours.					
Between 3 and 4	„	„	2½	„	
„ 4 „ 5	„	„	3	„	
„ 5 „ 6	„	„	3½	„	
At 7	„	„	4	„	

8. As the intervals increase, the quantity should be augmented, and an infant should not be raised from sleep to be fed.

9. Regularity in the time of suckling or feeding is most necessary ; the penalties for inattention to this are indigestion, flatulency, and griping.

10. In dry-nursed children a quarter of a pint is the maximum for one meal, and the 'bottle' should be removed, whether it is empty or not, if the child exhibits satiety.

11. When an infant cannot suck properly, it is generally from the bridle of the tongue coming too far forward, and a surgeon should be called in to remedy this defect, commonly called 'tongue-tie.'

12. Feeding-bottles have killed more infants than fits. They are the recourse of indolent mothers, for it is rarely that a woman is too weak or physically incapable of nursing her own offspring.

13. No more disgraceful custom can well be imagined than that of a healthy woman neglecting the duty of suckling, unless it be that of a medical practitioner encouraging such an impropriety.

14. Should an infant require sustenance before the natural milk comes, two tablespoonfuls of cows'

milk with one of warm water, sweetened with a little sugar, is the best substitute. (See Appendix, 1.)

15. In bringing up an infant by hand, 'feeding-bottles' should be used, and *two*, if not more, should be always in use: they should be changed after using each time, and *always*, when not in use, kept immersed in cold water.

16. When an infant has had sufficient, the remainder, if there be any left in the bottle, should on no account be kept for its next meal.

17. Lime-water for the nursery may be made by putting some fresh lime into a wine-bottle, filling the bottle with cold water, then keeping it well corked: the clear liquid that fills three parts of the bottle is pure 'lime-water.' (See 37.)

18. If there be any mechanical or physical reason why a mother cannot suckle her offspring, a wet-nurse should be employed, when possible.

19. A wet-nurse should not be allowed to nurse more than one child, and her age should be between twenty and thirty.

20. To ensure a good supply of milk in a wet-nurse, she should have plenty of animal food, and one and a half pint of porter daily. It is asserted that brunettes make better nurses and give better milk than blondes.

21. A strict investigation of the antecedents of a wet-nurse should be made, to see that she is not scrofulous, or has not suffered from inherited or contracted disease of any kind.

22. The medical attendant should be asked to enter into these details before the child is placed in her care.

23. Ignorant nurses are in the habit of dosing new-born infants with castor oil or rue-tea. This is most unnecessary, as nature has provided a purgative in the first milk.

24. Artificial feeding of infants causes indigestion and flatulence. This may be known by the child being restless and fretful, and a child often dies (apparently starved) when its digestion has been ruined by over and improper feeding.

25. Atrophy, or wasting, is a common disease of infants. The cause is generally improper feeding; this causing indigestion, the stomach does not properly assimilate the food, and the glands that take up nutriment into the system become diseased. (See Appendix, 33.)

26. If a child be brought up by hand, cows' milk alone, for the first seven months, should be its food; this should be diluted with one-third part of water, as it is stronger than human milk. (See Appendix, 1.)

27. It is a popular error to suppose that asses' milk is the best substitute for human: it is not as suitable as cows' milk for healthy children.

28. Some physicians recommend asses' milk as more easy of digestion than that of cows, in children of weakly constitution and low digestive power.

29. Artificial asses' milk may be made thus—half an ounce of gelatine dissolved in half a pint of hot barley-water, one ounce of sugar, and a pint of good new cows' milk.

30. Unsweetened condensed milk is four times as strong as cows' milk; this, diluted with six times its bulk of warm water, with the addition of a little sugar of milk (procurable at any chemist's), *not*

ordinary sugar, would be the most uniform and best substitute for human milk procurable; and the sole condiment used in the food of infants should be *salt*. (See Appendix, 1.)

31. A nursery should be well ventilated, heated in cold weather with a *fire*; and a child cannot possibly have too much outdoor exercise, if *warmly clad*; robust health depends upon this.

32. An infant at a month old may be taken out if protected from sun and cold, and carried in the recumbent position.

33 *Old nurses should never* be allowed to do what they call 'break the nipple-string;' abscess of the breast is often the result, and there is no such thing as a 'nipple-string.'

34. Infants should not be given soothing powders, syrup of poppies, pennyroyal, or any old nurses' nostrums. If they suffer from griping, it is generally from errors in their feeding, and one teaspoonful of brandy in sugared water is a good remedy. (See Appendix, 29.)

35. Laudanum, paregoric, and all other opiates, should be very carefully administered to infants, as they are not proportionally tolerant of them, though they are more than proportionally tolerant of mercurials. (See Appendix, 29.)

36. 'White mouth' in infants is a very trivial complaint, and a lotion of borax, chlorate of potash, or sulphite of soda, will quickly effect a cure. In adults, during the course of other diseases, it is often the harbinger of death. (See Appendix, 24.)

37. If infants are sick, and bring up their milk curdled, it arises from the gastric juice being too acid,

and a teaspoonful of lime-water, given in the milk two or three times a day, is a good remedy. (See 17; also Appendix, 29.)

38. Lancing the gums is a relic of barbarous surgery. The tooth causes more pain in coming through the jaw than through the gum.

39. But if the gums be swollen and tender, lancing, by relieving the tension, does good.

40. Teething is credited with doing more mischief in infants than it really does; and many of the ailments resulting from bad management and improper feeding are laid at its door.

41. A child may have worms at the age of three months—this is a frequent cause of convulsions—a grain of santonine for each year up to five years is the dose; it is a safe remedy.

42. Convulsions in infancy are not so dangerous as they look. A good purge is the best remedy; a hot bath, by drawing the blood to the surface, relieves, and is a safe expedient until a medical man arrives.

43. An infant should have no food containing starch, until it cuts its teeth; *it will not digest it*; this includes cornflour, tapioca, sago, rice, arrowroot, potato, biscuit, bread, and baked flour. (See Appendix, 1.)

44. All patent foods—condensed milk excepted—contain starch in some form or other, and are unsuitable for infants before teething.

45. When a child has been weaned and is cutting its teeth, a little thickened milk, weak broth, and beef-tea, are suitable articles of diet. (See Appendix, 9.)

46. As soon as a child has cut its first four teeth

it should be weaned; but this should be done at the age of nine months under any circumstances, as few mothers are able to properly nourish their offspring beyond this period; it then becomes equally injurious to mother and child.

47. At the age of eighteen months a child may have a little solid meat *once a day*. Red meats are more nourishing than white; and mutton and beef are best of all.

48. A child should not be allowed green vegetables before the age of two years, or any fruit but an occasional strawberry.

49. The periods for the eruption of the temporary, or milk teeth are as follows: In the seventh month, the front teeth; in the seventh to the tenth, the next; in the twelfth to the fourteenth, the front or small grinders; in the sixteenth to the twentieth, the eye teeth; in the eighteenth to the thirty-sixth, the back grinders.

50. The appearance of the permanent teeth takes place in the following order: At six and a half years, the first grinders; in the seventh, the two middle teeth; in the eighth, the two lateral incisors or 'cutting teeth;' in the ninth, the small grinders; in the tenth, the second grinders; in the eleventh and twelfth, the eye teeth; and in the twelfth and thirteenth, the back grinders; in the seventeenth to the twenty-first, the wisdom teeth.

51. Previous to the permanent teeth penetrating the gums, the bony partitions which separate them from the milk teeth are absorbed, the fangs of the milk teeth disappear, and the permanent teeth become placed under the loose crowns of the milk

teeth; the latter finally become detached, and the permanent teeth take their place in the mouth.

52. This process is so gradual that the crowns of the back teeth are often swallowed with the food.

53. Castor oil or rhubarb are bad purgatives for children or adults who suffer from habitual constipation, as they bind after purging.

54. Sweet essence of senna is the best purgative for infants, as it is pleasant. Grey powder may be added to it, as it will suspend it, and they will not know they are taking a powder—that bugbear of childish life. (See Appendix, 30.)

55. Dosing children with quack medicines and popular remedies, such as salts and senna, for every little ailment, is a great mistake. A little curtailment of diet, and a teaspoonful of tamarind, is quite sufficient.

56. When possible, every child should have a separate bed, which should be a hard one.

57. If a child appear to be sickening for some disease, it should occupy a room by itself.

58. A blanket, saturated with disinfecting fluid, ought to be hung over the door of a sick room if the case be infectious.

59. The attendant in fever cases should not be allowed to mix with other servants.

60. She should have her meals separately, and be sent out for an hour twice daily.

61. A child should be vaccinated when it is three months old. It is the best age for the child, for it suffers less than when it is older, and is therefore not so troublesome to the mother. This is compelled by law, unless the parent can get a certificate

from a medical man that there are good reasons why the operation should be postponed.

62. A child may be vaccinated free of expense by taking it to the public vaccinator, whose name is placed on the vaccination certificate. This is not in any way *parochial* relief.

63. To render vaccination efficient, there should be at least four pustules, and not one child in ten thousand is in any way injured by the operation.

64. Any person may procure lymph for himself from the National Vaccine Establishment, and the source of such can be ascertained if any ill-effects follow from the operation.

65. Letters of application should be addressed to the 'Registrar, National Vaccine Establishment, Privy Council Office, London, S.W.' It must be remembered that the operation must be done by a *qualified* practitioner.

66. Great care should be taken not to poison the pustule by bringing it in contact with any dyed material on the child's dress, and also not to break the pustule.

67. If there be four or more pustules, it is no injury to the child to take a little matter from the arm; but if there be less than four, they should not be opened.

68. A *public vaccinator* can compel a parent to allow him to take lymph from a child's arm.

69. Ignorant people attribute all skin diseases to vaccination; but all the skin diseases known in the present day were equally common before vaccination was discovered.

70. A child is generally feverish and irritable from

the fifth to the tenth day. The scabs fall off about twenty-one days after the operation.

71. Every mother should learn to use the thermometer: it predicts fever and dangerous illnesses as a barometer does a storm. They are sold by chemists at 7s. 6d. each, and are known by the name of 'clinical thermometers.'

72. The temperature of the body in health is a little under  $98\frac{1}{2}^{\circ}$ , marked on the thermometer with an arrow; when the heat of the body at rest exceeds  $100^{\circ}$ , or falls below  $97^{\circ}$ , excepting under very rare conditions, danger may be looked for, and medical advice should be sought without delay.

73. In using the thermometer, the bulb should be placed in the armpit next to the skin, and not touching any article of clothing, for five minutes, and the arm drawn over the chest; then the temperature of the body may be read off, and the mercury brought down again to the arrow by gently tapping the thermometer against the palm of the hand.

74. If the temperature of the body reaches  $103^{\circ}$ , fever, inflammatory action, or constitutional disturbance is severe;  $104^{\circ}$  or  $105^{\circ}$ , very severe;  $106^{\circ}$ , very dangerous; and  $107^{\circ}$ , usually fatal; and when it reaches  $108^{\circ}$ , death may be expected within twenty-four hours. These figures refer to males and females alike.

75. In the great majority of cases of fever or inflammation, the temperature does not ever exceed  $106^{\circ}$ .

76. In fever, when the temperature returns to its normal  $98\frac{1}{2}^{\circ}$ , the 'crisis' is past, and convalescence commences.

77. Scarlet-fever incubates — that is, a person sickens for it—from four to six days. The rash appears on the second or third day of the fever, and fades on the fifth.

78. Measles incubates from ten to fourteen days. The rash appears on the forehead first, on the fourth day of the fever, and fades on the seventh.

79. Typhoid fever incubates from fourteen to twenty-one days. The rash appears on the belly on the seventh and eighth days of the fever, and fades from the twenty-first to the thirtieth days: it is sometimes called 'gastric fever' and enteric fever.

80. In scarlet fever there is swelling and pain in the throat, with ulceration, and the tongue presents a strawberry-like appearance, which is known as 'the strawberry tongue of scarlet fever.'

81. It terminates by the skin coming off in scales. At this stage the danger of infection is great; and much care should be taken that the patient avoids cold in every way, otherwise dropsy results.

82. In measles there is running at the eyes and nose, and there is pain in the bowels.

83. In typhoid fever an early symptom is diarrhoea, with great thirst and high temperature, 104° Fahrenheit; headache and vomiting with pain in the bowels.

84. Typhoid fever cannot be properly treated without following carefully the variations of temperature: they are more important in this disease than in any other, and all cases of fever require skilled attendance.

85. 20,000 people die every year of typhoid fever in this country, and 120,000 are attacked by it—a

disease caused by pollution of rivers, overcrowding, bad drainage, and filth ; a disease that proper legislation could almost stamp out.

86. The most common and fatal complication in measles is congestion of the lungs. This may be known by shortness of breathing and an increase of fever, and temperature  $104^{\circ}$ . It requires immediate medical treatment.

87. Congestion of the kidneys is the most common complication in scarlet fever. The early symptoms are puffiness of the face, and swelling of the hands and feet.

88. These are dangerous diseases, and are as common in mild as in severe cases.

89. During all eruptive diseases, where there is fever, great care should be taken not to expose the patient to cold. Want of care in this respect is the cause of fatal complications in mild cases.

90. The skin acts as the greatest agent in throwing off fever-poison from the system, and its action is stopped by cold, exposure to draught, etc.

91. Chicken-pox incubates from ten to fourteen days. The eruption appears on the first day of the fever, and scabs are formed on the fourth. It requires no treatment beyond warmth.

92. German measles is a hybrid disease between measles and scarlet fever. The symptoms are a combination of both : rash, running at the nose and eyes, sore throat, and fever.

93. Small-pox incubates from twelve to fourteen days. The eruption appears on the third day of the fever, on the face. Severe pain in the small of the back is an early symptom.

94. Whooping-cough is fatal to about 15,000 children yearly in England, and diphtheria to 6,000.

95. Whooping-cough is infectious, and depends on some peculiar poison communicated through the atmosphere, which affects and irritates one particular part of the nervous system.

96. The best remedy for whooping-cough is change of air to the seaside.

97. Where diphtheria is suspected, the early symptoms are like those of an ordinary sore throat, and no time should be lost in seeking skilled advice. It is an infectious disease.

98. Typhus fever is the most dangerous and most uncommon fever in England; its poison being the most deadly of all. It is bred in ill-ventilated places. It incubates from one to fourteen days. The eruption appears on the fifth day of the fever, and fades on the fourteenth: it is a mulberry rash.

99. The contagious fevers are: typhus, scarlet fever, small-pox, measles, German measles, and chicken-pox.

100. Typhoid fever—not to be confused with typhus fever—is not considered catching from one person to another. It arises from drinking water contaminated with sewage, containing the germs of the disease. Great care should, therefore, be taken to destroy by disinfection the discharges from typhoid cases.

101. Milk which has been diluted with water contaminated by typhoid-poison penetrating into pumps, has been the cause of the most disastrous epidemics of this disease.

102. The room of a fever-patient should be kept

warm, but well ventilated by keeping the windows open, and the patient out of the direct draught.

103. A fire when the weather is cold ventilates the room well in every part.

104. 'Epidemic' is a term applied to diseases which prevail among a large portion of the people of a country for a certain time, and then gradually disappear.

105. A peculiar state of the atmosphere and seasons, bad drainage, impure water, overcrowding of houses, and unwholesome food or drink, are among the causes which produce epidemics.

106. 'Endemic' is a term employed to designate diseases peculiar to a certain class of people or to a particular district; thus ague is an endemic disease peculiar to low, marshy districts.

107. Children do not often die of tubercular disease of the lungs—consumption—but of the same disease of the glands of the bowels. The symptoms are enlargement of the belly, and wasting of the other parts of the body. The child draws up its legs owing to the pain in the bowels. (See Appendix, 33.)

108. Children whose appetites are voracious, who grind their teeth and moan when asleep, and who are dark under the eyes, are suffering from worms. (See 41.)

109. Hare-lip is a malformation of the upper lip, with which a child is sometimes born. It may be single or double. It can best be remedied by means of an operation, which should be performed when the child is three months old.

110. The operation consists in paring off the edges of the separated parts, and then bringing

them together—a simple operation which remedies a great deformity.

111. 'Water in the head' generally shows itself in infants before they are six months old. The children of drunken and scrofulous parents are most subject to it. Impure air and insufficient nourishment are the commonest causes.

112. Croup is fatal to one case in three. Boys are more subject to it than girls. The sufferer should be put in a hot bath, and medical aid sought as soon as possible.

113. The cough in croup is dry and brassy, and there is an anxious expression of face. Its commonest epoch is the second year of childhood.

114. 'Eczema,' known as 'cradle-cap' when in the head, is the most intractable and frequent of all skin diseases in childhood. Cod-liver oil, cold baths, fresh air, and good nourishment are the best remedies. (See Appendix, 33.)

115. No child suffering from this disease should be washed with *soap*, as that makes it worse and more irritable.

116. 'Nettle-rash' is common in children. The skin looks as if it were stung by nettles.

117. It is never fatal, and only requires a good purgative.

118. 'Tooth-rash' or 'red-gum' is peculiar to infants and young children. It is an eruption of small, hard, red pimples, which may appear on a part, or extend over the whole surface of the body.

119. It is due to derangement of the stomach from improper feeding, or from irritation of the gums in dentition.

120. In infants brought up by hand, the acidity of the stomach often produces diarrhœa and red-gum. In acidity the child vomits its food in a curdled state.

121. One scruple of bicarbonate of potash or a tablespoonful of lime-water to each pint of milk is the best preventive.

122. Mothers who value the health of their children should superintend their outdoor exercise themselves.

123. Many a fatal case of congestion of the lungs owes its origin to a child being left in a perambulator for too long a time on a cold day.

124. 'Rickets' in children may be known by the crookedness of the bones, and commonly appears in the second and third years. It is caused by the insufficiency of earthy matter in the bones, and should not be neglected. Plenty of milk and lime-water, fresh air, good feeding, cold baths, and cod-liver oil are the best remedies.

125. If a child stoops unusually when sitting, curvature of the spine should be looked for. It often comes on without pain, and if neglected leads to the deformity so familiar to all. (See Appendix, 33.)

126. 'Plaster of Paris' jackets, put on in the wet state, and fitting like a glove, have partly superseded the 'irons' of a few years ago. They cause no inconvenience at all.

127. When a child goes lame, and complains of pain in the knee, if not injured, this is the first indication of hip disease, and should be looked to at once.

128. This is the most lingering and disastrous of all the diseases of childhood, and leads, if not to death, to deformity for life. Rest and surgical attention in the early stage will often arrest the disease. (See Appendix, 33.)

129. It is most common in scrofulous children, and the offspring of consumptive and unhealthy parents.

130. Children who suffer from chilblains should have wash-leather socks and warm gloves in the winter. Alternate exposure to heat and cold causes this painful affection. (See Appendix, 22.)

131. People who expose their children's legs by half dressing them offer a premium to the before-mentioned disease.

132. Exposing the legs of young children is a cruel and unnecessary freak of fashion, and the cause of much disease and frequently of death.

133. The boots worn by children who suffer from chilblains should be made very large in winter, as tight boots prevent the circulation of the blood.

134. Some mothers think that children ought to be hardened by exposing them to cold; this process certainly gets rid of the weak ones, as they are killed by it, and assures what Spencer and the Darwin school call 'the survival of the fittest.'

135. Stockings for children should come above the knees to keep the legs warm; and gartering above the knee is not so injurious as below it.

136. Children should never be boxed on the ears, or struck on the head with a ruler or cane, as the skull-cap in early life is very thin.

137. Many a child has been ruined for life by a

box on the ear, and there are few people who cannot recall such instances.

**138.** Many cases of obscure brain disease in boyhood or girlhood owe their origin to such a cause.

**139** 'Mumps' is an inflammation of that pair of the salivary glands situated in front of the ears. Warmth, a purgative, low diet, and hot poppy fomentations, are the best remedies. (See Appendix, 31.)

**140.** If a child complain of dimness of sight, though the eye may look perfectly healthy, it should not be heedlessly looked over.

**141.** Children's bones are not so brittle as those of adults, and they often bend a limb where an adult would break it.

**142.** This is called 'green-stick fracture,' and seldom requires any treatment but rest.

**143.** Diarrhœa is a common complaint in children, and, unless accompanied by increase of temperature, is not dangerous. It generally arises from the irritation of worms, or taking improper food, such as unripe fruit.

**144.** For this the best thing is a good dose of castor oil; this clears out the bowels, and acts as an astringent afterwards.

**145.** Diarrhœa is more common in the very young and in the very old than in the middle aged. If the excretions be bloody in the diarrhœa of children, the case requires skilled attendance.

**146.** A good purgative for children is a combination of calomel, ginger, and jalap in powder. Two grains of calomel, six of powdered jalap, and two of powdered ginger, would be the dose for a child of five years old. (See Appendix, 31.)

147. In cases of burning, the part should at once be covered with oil, and dusted with flour or scraped potato, if nothing better be at hand; but the best application is equal parts of linseed-oil and lime-water.

148. In severe cases of burning, when owing to the shock no pain is felt, brandy should be given at once.

149. In scalds, cold water should be applied to the part for some hours until the inflammation subsides, and the part covered, as in the case of burns. (See 147.)

150. Burns and scalds are more fatal in children than in those of adult age. The blisters arising from scalds or burns should on no account be opened.

151. A burn affecting an extensive surface is more to be dreaded than one which penetrates deep without extending over much surface.

152. If one-third of the body be scalded a fatal result may be looked for.

153. Ear-ache is a neuralgic affection of the ear; it may also arise from inflammation of the ear. The thermometer will distinguish which affection it is, as in neuralgia the temperature is normal; in either case hot fomentations, or a linseed-meal poultice sprinkled with thirty drops of laudanum, will often give relief. (See 71-76.)

154. Rupture of the tympanum (drum of the ear) is often caused by a blow or 'box' on the ear.

155. Running at the ear is a common affection in scrofulous children and after scarlet fever; the ear should be syringed with an injection containing one dram of alum to a pint of water, with attention to

health, good food, and plenty of outdoor exercise. (See Appendix, 33.)

156. Children should not be put to sleep in the same room as servants; their rooms should be large, airy, and well-ventilated.

157. If a room has a fireplace in it, the chimney should on no account be blocked up with a sack of straw, as is often the case.

158. The lungs of a still-born child will sink if placed in water.

159. Children often eat poisonous berries and other fruits, and this fact should be remembered in their ailments; a teaspoonful of mustard in warm water is the best remedy. Sickness, diarrhœa, and many of the diseases of childhood are often due to this.

160. Stale bread is better than new for children, as the gluten is more thoroughly mixed with saliva by mastication before it is swallowed.

161. Children are more subject to rashes than adults; but rashes are never dangerous unless accompanied by fever.

162. The teeth are credited with rashes that often arise from a disordered stomach.

163. Parasitic diseases, such as itch and ringworm, are common in those who neglect the proper ablution of their children.

164. To put it plainly, they are diseases arising from want of cleanliness.

165. Where a number of small pimples occur between the fingers, or in the flexures of the joints, itch may be suspected.

166. Sulphur ointment is a specific for itch; it should be applied every night for three nights.

167. All bedding and clothing used by the patient should then be fumigated or destroyed.

168. Obstruction of the bowels is an uncommon disease in infancy. Its symptoms are continual sickness, and pain in the bowels, with nothing but a little blood passing in the excretions ; it is rarely discovered in time to save life.

169. If an infant be suffering from pain in the bowels, it draws its legs up to its body to relax intuitively the muscles of the bowels ; by noticing this its ailment can be guessed at.

170. Rupture in children should be attended to as soon as noticed. The usual symptom is a small swelling in the groin, which increases in size when the child cries or coughs. It is most common in male infants.

171. 'Umbilical rupture' is rupture at the navel. The best remedy for this is an india-rubber band or truss, sold by chemists or surgical instrument makers ; it may be procured by giving the measure of the infant's body round the belly.

172. 'Styes' are common in weakly children. Bark and steel, good diet, and cod-liver oil, are the best remedies.

173. 'Ringworm' in children can be cured by one application of acetic acid ; this does not stain or injure the skin. (See 163.)

174. It should be remembered that the ringworm is a living parasite in the shape of a microscopic insect, and therefore catching, so that the germs of the insects may remain in the clothes, which should all be changed and baked in an oven.

175. 'St. Vitus's dance' is a nervous disease, attack-

ing the children of nervous, hysterical women. The remedies used by ignorant people for its cure would be a disgrace to savages.

176. A child suffering from it should not be allowed to mix with other children, for, in the first place, it is cruel to expose the infirmity; and in the second, the effects of the principle of imitation are so remarkable in the young, that the disease may be spread to others.

177. Falstaff's words have a wider application in this respect than he intended: 'It is certain,' says he, 'that either wise bearing or ignorant carriage is caught, as men take diseases one of another; and therefore let men take heed of their company.'

178. Tubercular disease, which when it attacks the lungs is known by the name of 'consumption,' often attacks the brain in children: pain in the head, intolerance of light, alternate flushing and paleness, constipation of the bowels, and sickness, are the early symptoms.

179. The above symptoms, if persistent in a child, indicate *serious brain disease* coming on; and early treatment, rest from study, fresh air, cod-liver oil, and good diet are essential. (See Appendix, 16.)

180. Slim, fair-haired, blue-eyed, delicately formed, fair-complexioned, sharp children are often the victims of tuberculosis.

181. 'To every mother,' says Dr. Marshall Hall, 'is to be committed the care of her own infant in its largest and broadest sense. She is first to submit herself to all those rules of diet, medicine, exercise, and quiet, which are essential to ensure her own good health.'

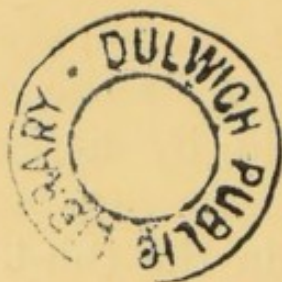
182. 'She is then to supply her infant with milk and warmth, and for this latter purpose she should lay the child by her own side in the night.'

183. 'She should, in the third place, become the superintendent of its health, detecting the first signs of indisposition, and seeking immediately for the remedy.'

184. Enlarged tonsils in children are often the cause of 'throat deafness ;' they should be frequently touched with lunar caustic. Where necessary, a small piece may be cut off, which is a radical cure ; there is no danger in the operation, even in children. (See Appendix, 32.)

185. Children are often alarmed in their sleep by dreams. The goblins and scarecrows generally owe their origin to the irritation of teething, a loaded bladder, or irritation of the bowels, and a good purgative can never do any harm in these states. (See Appendix, 31.)

186. John Hunter, the celebrated surgeon, used to say that the best way to rear healthy children was 'plenty of milk, plenty of sleep, and plenty of flannel.'



## ADULT AGE.

187. The average duration of life at fifteen years of age is forty-three in both male and female; at twenty-one years of age, thirty-eight in the male, and thirty-nine in the female; at twenty-five years of age, thirty-seven in both male and female.

188. Puberty in England begins about the age of fifteen in the male, and of twelve in the female.

189. In hot climates it begins earlier; in India it is not uncommon at the age of ten.

190. The changes that take place at the age of puberty give to the male the full tone of voice, and to the female the figure and beauty of womanhood. After childhood has passed away, the system becomes more liable to inflammatory disease.

191. A woman may be said to be in a condition for childbearing for thirty years—that is, from fifteen to forty-five.

192. Hysteria, or a fit of hysterics, looks a very alarming thing to those who are not used to seeing it, but there is no danger.

193. When persons go into a fit of hysterics, all that is really necessary is to unloose the dress, lay them on a sofa or bed, prevent them as gently as possible from injuring themselves, and give them plenty of fresh air.

194. Should the attack continue for more than half an hour, one teaspoonful of tincture of valerian in a wineglassful of cold water, with the application of cold water to the face, is the safest remedy. (See Appendix, 12.)

195. When the attack is over, the patient goes into a sound sleep and awakes very little the worse for it, and seldom remembers anything of what has gone on.

196. The difference between a fit of hysterics and one of epilepsy, or any other dangerous attack, is that in hysteria there is partial consciousness, and the sufferer laughs and cries alternately, and will at times answer questions; but in *epilepsy* there is foaming at the mouth, snoring, and total insensibility.

197. The usual causes of hysteria are, over-excitement, weakness, a highly nervous disposition, tight-lacing, and over-exertion in persons of excitable and nervous temperament.

198. Hysterical cough, sneezing, yawning, panting, sighing, sobbing, or hiccough, may be continuous for hours or even days. In all forms, indeed, the sufferer deceives herself, and tries, by strong expressions of pain, to mislead others.

199. It is advisable, after an attack of hysteria, to find and avoid the cause, otherwise the attacks may become persistent, and simulate all kinds of serious diseases; for this reason *it is best to seek proper medical advice.*

200. Most of the deaths of males and unmarried females between the ages of sixteen and thirty-six are caused by consumption and diseases of the lungs; indeed, in England, one-fourth of the deaths at every age are from diseases of the respiratory organs.

201. It is a popular error to suppose that consumption is catching, though recent experiments seem to show that a person may be inoculated with it; it is hereditary, and some families are almost destroyed by it.

202. Consumption is more common in males than in females, and the disease attacks the left lung more often than the right.

203. Consumption is fatal every year to 60,000 young people in England alone.

204. The first symptoms of this disease are loss of flesh, a short, dry cough, and night perspiration.

205. The cough in the early stage of consumption is most troublesome on getting out of bed in the morning, and the phlegm is yellow and sometimes tinged with blood, *and will sink in water.*

206. A steady loss of flesh always precedes consumption.

207. It is a matter of common observation that consumptives, while daily losing flesh and strength, are very sanguine in expecting recovery, though they expect a cure to be effected without any exertion on their part. In no disease is it more important to impress the necessity for steady perseverance in the use of remedies, and the hopelessness of giving way to that want of energy and determination which many excuse by the expression of their devout desire to 'trust in Providence.'

208. If there be an hereditary tendency to consumption, great care should be taken to maintain the health of the mother during pregnancy. (See 129.)

209. On the birth of the child, every means should be taken to counteract the general tendency

to the disease, and strengthen the infant's constitution by attention to food, clothing, exercise, etc.

210. In the early stage of consumption there is nothing like a sea-voyage to a warm climate, like Madeira or Egypt; but when the disease is actively developed, it is only cruelty to send a sufferer away from home to die.

211. Diarrhœa and swelling of the feet are the precursors of death in consumption.

212. Young people inclined to consumption have a beautiful white delicate skin, a rounded outline of face, with delicacy of features, and a rosy hue of cheeks strongly contrasting with the surrounding pallor, and often giving (especially in women) a characteristic beauty to the countenance. The hair is usually blonde or auburn, while the eyes are large, blue, projecting, and humid, with the pupils habitually dilated.

213. The commonest causes are hereditary tendency, insufficient food, breathing vitiated air, and want of healthy outdoor exercise. The inmates of gaols and workhouses are most frequently attacked, and also those living in close over-crowded houses.

214. It is a popular error to suppose that consumption is incurable. In the early stage, proper treatment, fresh air, good living, and all that tends to improve the general health, will often effect a complete cure; but few people believe this.

215. The best places in England for consumptives are Bournemouth, in Hants; Torquay, in Devon; and Ventnor, in the Isle of Wight. The pinewoods surrounding the first-named keep the cold winds from the town.

**216.** These towns are the most celebrated in cases of consumption, and are pleasantly situated.

**217.** The mean annual temperature is about 51° in each town. The climate is mild, but not relaxing.

**218.** A curious peculiarity may be noticed in the finger-nails of consumptives—the top of the nail being curved forward.

**219.** This is due to failure of nutrition, the nails becoming thin and weak.

**220.** Dr. Hutchinson, from the examination of 2,650 healthy men, gave the following average of weights: a man 5 ft. 1 in. in height, has an average weight of 8 st. 8 lb.; 5 ft. 2 in. in height, 9 st.; 5 ft. 3 in. in height, 9 st. 7 lb.

**221.** 5 ft. 4 in. in height, 9 st. 13 lb.; 5 ft. 5 in. in height, 10 st. 2 lb.; 5 ft. 6 in. in height, 10 st. 5 lb.

**222.** 5 ft. 7 in. in height, 10 st. 5 lb.; 5 ft. 8 in. in height, 11 st. 1 lb.; 5 ft. 9 in. in height, 11 st. 8 lb.

**223.** 5 ft. 10 in. in height, 12 st. 1 lb.; 5 ft. 11 in. in height, 12 st. 6 lb.; 6 ft. in height, 12 st. 10 lb.

**224.** This may be exceeded by seven per cent, without affecting the breathing capacity.

**225.** Growing boys and girls require a plentiful supply of food and outdoor exercise; and parents sending their children to boarding-schools should see that they obtain these, and also that the rooms for sleeping in are *large*, airy, and *not over-crowded*.

**226.** Many a child has been ruined for life by insufficient and badly cooked food, and crowded and ill-ventilated dormitories at school.

**227.** Paleness of the lips and face, palpitation of the heart, and great weakness, are common affections of girlhood. They depend upon a poor state of the

blood, and are easily cured by taking some preparation of iron, good diet, and change of air. (See Appendix, 20.)

228. 'Green-sickness' is the result of neglecting to take proper remedies for the preceding affections.

229. Neuralgia is an increased and perverted action in a nerve. It generally arises from pressure on the nerve, as in toothache, but it seldom occurs unless there is derangement of the general health. (See Appendix, 22 and 16.)

230. The best remedy for facial neuralgia is large doses of quinine, with attention to the bowels and general health.

231. Quinsy is an abscess in one of the tonsils. Free purging and hot fomentations to the throat are the best remedies. It is dangerous to lance a quinsy, as the carotid artery often passes through the tonsil.

232. Tickling the throat with a feather will often, by violent retching, burst the abscess and give instant relief. (See Appendix, 21 and 32.)

233. Severe sprains should be fomented as quickly as possible with hot water, after which the part should be well rubbed with belladonna liniment, which may be procured from any chemist. (See Appendix, 22.)

234. Two or three days' rest is absolutely necessary in sprains; and in *gouty* people a sprain is a very serious matter.

235. A sprain is an injury done to tendons or to the ligaments of a joint by over-straining them, and as they are very tense structures, the swelling causes great pain, and even fainting and vomiting.

236. Iodine liniment is the best application to

enlargement of bones and joints from sprains, kicks, or other causes.

**237.** When a person breaks an arm or a leg, the injured limb should be placed on a soft pillow till a surgeon arrives.

**238.** If there be any doubt about a dislocation, surgical advice ought to be procured as quickly as possible, as a dislocation should be reduced at once.

**239.** If there is swelling and deformity about a joint after an injury, a dislocation should be suspected, which may be accompanied by fracture.

**240.** When a fracture occurs to any of the long bones, there is complete loss of power in the limb, and the sufferer generally feels the grating of the broken bone.

**241.** Fractures are of three kinds: Simple, when the bone appears to be broken like a rotten stick ;

**242.** Compound, when the bone protrudes through the flesh ;

**243.** Comminuted, when the bone is splintered in many pieces.

**244.** A combination of the two latter may occur.

**245.** Complicated fractures are those in which an artery or nerve has been injured.

**246.** If a person sustains a severe cut, and bleeding is very free, a small pad should be placed on the wound, and a pocket-handkerchief tied firmly around it.

**247.** If a vein has been cut, the blood, which is of a dark-purple colour, oozes in an even stream, and is easily stopped by pressure just *below* the wound and by a pad upon it.

**248.** But if an *artery* has been cut, the blood, of

a light-red colour, rises in jets, and very firm pressure *above the wound* is required to arrest the flow, and the case requires immediate *surgical* aid.

249. Coolness and presence of mind will, even in unskilled hands, often save life in cases of accident.

250. Swelling of the glands of the neck in scrofulous constitutions, if neglected, leads to the formation of abscesses and the deformity known as 'King's evil.' In the early stage, the application of iodine liniment and change of air will sometimes reduce the swelling.

251. The enlargement of the neck called 'Derbyshire neck' is a common affection in some parts of England. It is twelve times more frequent in females than in males. It is supposed to be caused by drinking water too highly impregnated with lime and minerals.

252. Faintness is a common affection in young people; it is seldom dangerous, and is usually caused by over-excitement, or the sight of blood. The remedy is to take the person into the fresh air and lay him or her on the *floor*, sprinkling cold water on the face, and applying a smelling-bottle to the nostrils. (See Appendix, 12.)

253. 'Spinal irritation' was a well-known disease a few years ago. It was generally a combination of hysteria and debility, and is supposed to attack nervous, delicate women.

254. The old Duchess of Bedford used to say, on hearing of this disease, that she was thankful she was 'born before nerves were invented.'

255. Quacks and sudden frights have often cured

these 'malades imaginaires' when all other treatment has failed.

**256.** Monomania is that form of insanity in which the intellectual faculty is confined to a single object, or to a limited number of objects; thus a monomaniac will insist that his body is made of glass, and being thoroughly impressed with the idea, will reason correctly that slight causes will injure it; he therefore walks with care, and avoids any rough handling.

**257.** The symptoms of insanity are so diversified that it is impossible to class them, but it may be taken as a general rule that where the reasoning faculty is lost or perverted, the mind is not in a healthy state.

**258.** In such case it is advisable not to listen to the reasoning of the patient himself, but to seek the advice of a medical practitioner.

**259.** It is as important to treat mental disease on proper principles as it is to treat bodily disease, and for this reason lunatics seldom derive any benefit unless sent to recognised institutions for their cure.

**260.** Catalepsy, or trance, is a rare disease, and generally attacks nervous, hysterical females. The cataleptic is insensible to all external impressions.

**261.** At Billingshauser, near Würzburg, about half the inhabitants were affected; they were called 'starren,' stiffened ones.

**262.** This disease is sometimes endemic. (See 106.)

**263.** The religious fanatic, by cultivating some fixed idea, generally falls into a state of incipient insanity. 'The gift of unknown tongues' was

mostly manifested in women who were not impostors, but simply diseased.

264. Catarrh, or 'cold,' the commonest of diseases, arises, not from mere cold, but from a too sudden change of atmosphere, or from exposure to wet, etc., when the body, or strength, is exhausted. The application of cold, as in bathing, exposure to cold winds, etc., etc., is only dangerous when the heated body, exhausted by violent exercise, is rapidly parting with its warmth.

265. Under other circumstances the glowing body can re-act upon the cold, and convert it into a strengthening rather than a depressing agent, but the frame that is quickly cooling after being overheated is not in a condition to re-act.

266. In ordinary 'cold' every patient amuses himself by acting as his own physician, and judiciously physicks himself with possets, mustard-plasters, hot water, etc., which as a rule is all that is necessary. (See Appendix, 7.)

267. Ten grains of Dover's powder in a cup of hot gruel at bedtime is a very good remedy.

268. Anything that promotes the action of the skin—perspiration—is best for a cold; a Turkish bath does this, and so does Dover's powder.

269. A Turkish bath should not be taken without medical sanction, by those who suffer from rushing of the blood to the head, or heart disease.

270. A glass of hot rum and water, just before getting into bed, is a good remedy for a cold, as it causes free perspiration.

271. 'Housemaid's knee' arises from pressure on the 'bursa,' or pad, connected with the knee-joint.

It is the result of kneeling too much on hard places.

272. Rest and a blister, or the application of iodine liniment, will soon cure it.

273. In the boy before puberty the vocal chords are not two-thirds of the length they become in the adult.

274. While the change is taking place the voice is said to crack. This is due to the new tones not being under command.

275. In girls the change is gradual, so that the voice merely increases in strength as womanhood comes.

276. The voices of old people are unsteady and deficient in tone, from the larynx becoming ossified. This is the reason why singers, who have possessed the finest voices in the prime of life, make a pitiable failure in old age.

277. Notes are made by the vibrations of the vocal chords, as the air rushes past them.

278. The strength of a voice depends partly upon the degree to which the chords can be made to vibrate.

279. 'Acne' (pimples on the face) is a common and troublesome affection of boyhood. Restricted diet, and laxative medicines, will generally effect a cure. (See Appendix, 15.)

280. Tight lacing is a frequent cause of indigestion and consumption in young women. It prevents the organs of respiration and digestion—the two which are most important to health—from properly performing their functions.

281. Athletic exercises, such as riding, boating, boxing, etc., etc., by circulating the blood, causing free perspiration, and increasing muscular power, conduce greatly to robust health.

282. For females, horse exercise is the best of all,

and for those who cannot afford this, brisk walking is the best substitute.

283. Pregnancy is often accompanied by many troublesome symptoms, sickness being the most common.

284. The sickness of pregnancy generally comes on the first thing in the morning.

285. Soda-water and milk will often relieve the sickness, if taken before getting out of bed.

286. Attention to diet, which should be plain, is of the utmost importance to those who wish to enjoy health, as is also outdoor exercise.

287. Those who take the above precautions will enjoy good health even until the last day of pregnancy; but brooding on her condition, lying in bed in the morning, and the want of active exercise, will make a pregnant woman a hypochondriacal invalid.

288. If there be any constipation, a Seidlitz powder taken before breakfast is better than castor oil.

289. Loss of blood during pregnancy is always dangerous, especially when it comes on about the seventh month.

290. The patient should immediately rest and send for medical advice.

291. It is a good plan to take a brisk purgative when labour is coming on. (See Appendix, 15.)

292. Any malposition of the child can be remedied early in the labour much better than later on; it is therefore advisable to send in good time for the 'doctor,' to know that all is right.

293. In ordinary labours not one case in two hundred gives any trouble; nature does the work without further aid.

294. Blood-poisoning after confinement is often caused by foul smells from drains.

295. Women in childbed are extremely susceptible to infection, and this being so, great care should be taken not to subject them to its influence.

296. Infectious diseases, such as measles, scarlet fever, etc., are very fatal to lying-in women.

297. When suckling, women should live well. The best beverage is stout, of which three half-pints may be taken daily.

298. If the milk fail in suckling, the cause is often due to the child being partly suckled and partly fed, a system that should *not* be pursued.

299. It is a popular error that a woman, when suckling, cannot become *pregnant*, and many injure themselves by continuing to suckle beyond the proper time—seven or eight months.

300. Abscess of the breast during suckling is a most painful affection.

301. It may arise from a blow or fall on the breast, sudden exposure to cold or over-fulness of milk, causing in the first place inflammatory action.

302. When the matter forms, early opening and poulticing are necessary.

303. The feeling of weight and dragging in an inflamed breast will be relieved by supporting it with a sling put round the neck.

304. The breast should never be allowed to get hard from over-distension by milk.

305. If the child cannot keep the milk down, it should be drawn off with the breast-pump, otherwise it sets up inflammation, which ends in abscess.

306. Breast-pumps may be bought at any

chemist's, by the aid of which a person can relieve herself of surplus milk.

307. 'Retracted nipples' are generally caused by the pressure of the dress and stays, and by the foolish attempt of old nurses to break the nipple-strings of newly-born children, an old and dangerous custom that should be sternly prohibited. (See 33.)

308. In a case of the preceding, a breast-pump should be used to draw out the nipples before the child is put to the breast.

309. This should be done before the breasts are distended with milk.

310. Those who are subject to sore nipples should harden them before child-birth by the application of brandy.

311. A strong solution of alum—one ounce in half a pint of hot water—is a good application for sore nipples.

312. The first milk generally comes within twelve hours, and acts as a purgative to the infant.

313. The regular flow is established in a few days.

314. The after-pains of first labour are best left without treatment, unless very severe.

315. Two days after labour, if the bowels have acted, a person may take a little animal food.

316. Women who get up too soon after a confinement, feel the ill effects of doing so in after-life.

317. Falling of the womb is caused by the above indiscretion; time not being given to the womb and its ligaments to recover their ordinary size and strength.

318. No woman who values her comfort in after-life should leave her bed for eight days. In the second week she may lie on the sofa.

319. Hottentot women will, after labour, go on as

if nothing had happened, and even in this country it may be seen what a woman will do, as in cases of concealment of birth.

320. Upon the mother's care in her diet and health depends the health of the child, and therefore her own comfort.

321. The 'pains and peril of childbirth' in healthy women are not fatal to more than one case in four hundred.

322. But the mortality is greater than this where midwives and unskilful persons only are employed.

323. Twins occur once in sixty-four births, triplets once in four thousand, and quartets once in sixty-four thousand.

324. A discharge of blood is the first symptom of a miscarriage coming on, and complete rest is the best remedy.

325. By law a child born *six months* after marriage—in case of its survival—is assumed to have been conceived within wedlock.

326. But a child seldom lives which has not had seven months of uterine life, that is, which has not been conceived beyond that period.

327. It is a popular error that an *eight months* child will not live.

328. A lying-in room should be kept well ventilated, and it is a popular error to suppose that 'night air' is injurious.

329. The temperature of a sick room should be kept not lower than 60° Fahrenheit, and in cold weather the fire should not be allowed to get low in the early morning.

330. Neglect of this is the cause of many deaths from bronchitis and diseases of the lungs.

## MIDDLE AGE.

**331.** The average duration of life in persons at thirty-five years of age, is twenty-nine in the male, and thirty in the female; at forty years, twenty-six in the male, and twenty-four in the female.

**332.** At fifty, nineteen in the male, and twenty in the female; at fifty-five, sixteen in the male, and seventeen in the female; and at sixty, thirteen in the male, and fourteen in the female.

**333.** The most common diseases of middle age are diseases of the lungs, heart, brain, and kidneys.

**334.** A healthy man in one year consumes on the aggregate, of solids and fluids combined, about three thousand pounds (nearly one ton and a quarter). In infancy and youth the receipts are greater than the expenditure; but in old age this rule is reversed, and, as with a spendthrift, the means of repair at last become exhausted.

**335.** About one sixth part of the entire weight of the body is taken up by the blood.

**336.** The pulse of a healthy adult varies from seventy to seventy-five beats per minute in repose; in a newly-born infant it varies from one hundred and thirty to one hundred and forty beats per minute. It may be strong or weak, hard or soft,

full or small. Long practice in feeling the pulse distinguishes these characteristics.

**337.** *Galen* first drew attention to the pulse as a sign of disease, and described more than thirty conditions of it.

**338.** In any disease in the adult, if the pulse exceeds one hundred and forty beats per minute, recovery is rare, but not impossible.

**339.** A good knowledge of the pulse is most important in the understanding of disease.

**340.** 'Fulness of blood' causes a feeling of indolence, sleepiness, giddiness, and whilst asleep snoring and dreaming.

**341.** Fat people are not necessarily over-full of blood; in fact, they often suffer from a deficiency, rather than an excess.

**342.** Fat people bear lowering measures in illness worse than thin people do.

**343.** Active exercise, the avoidance of beer and all alcoholic drinks, with saline purgatives and less sleep, are the best remedies for corpulency. (See Appendix, 15.)

**344.** In adult life about one-third of the twenty-four hours is passed in repose; in old age, when nutrition is carried on with less vigour, more sleep is necessary.

**345.** Sleep especially rests the nervous system, and it is also necessary for the repair and nutrition of the body; not that these occur only during that period, but sleep is required for their perfection. (See Appendix, 7.)

**346.** Even in the heart's action there is a period of repose; the rest after each pulsation is small, but it amounts to a good deal in the twenty-four hours.

347. Boils and carbuncles are due to a vitiated state of the blood from insufficient or improper food, over-work, or mental anxiety. Boils generally come in *crops*, carbuncles *singly*.

348. When there are successive crops of boils with or without any obvious cause, no remedy is so efficacious as a change of air, with tonics. (See Appendix, 16.)

349. It is better to let a boil break of itself by poulticing it, than to open it with a knife.

350. Varicose veins are common in females who have had children, and in males whose occupation entails lifting heavy weights. The veins of the leg become tortuous and enlarged, purple in colour, and prominent.

351. Elastic stockings to fit tightly on the leg give untold relief in this disease.

352. The expense of a pair of such stockings is about ten shillings and sixpence, but where it is necessary to have them above the knee, the expense is much greater.

353. Some people are satisfied with five or six hours' sleep, but the adult body requires at least eight hours, to repair the wear and tear of the other sixteen.

354. Napoleon I. is said to have only slept six hours in the twenty-four, but he was a man of remarkably impassive nature.

355. The brain contains less blood during sleep than when a person is awake.

356. Extreme heat or cold creates drowsiness, and a morbid disposition to sleep is often the precursor of apoplexy.

357. Sleeplessness is one of the most frequent symptoms of approaching insanity.

**358.** Over-stimulation is a frequent cause of sleeplessness, as are also mental anxiety and indigestion.

**359.** Strong tea or coffee prevents sleep.

**360.** Those who are engaged in mental work will find tea or coffee a better brain stimulant than alcoholic liquor.

**361.** Women of excitable temperament suffer from want of sleep. This after child-birth should be especially attended to ; if not, puerperal mania is the frequent result.

**362.** Depriving a criminal of sleep is a frequent mode of execution in China ; it is fearfully painful, and death occurs in eighteen to twenty days.

**363.** After eight days the sufferings of a criminal subjected to this process became so intense that he begged to be burnt, strangled, shot, or put to death in any way that the humanity or ferocity of his gaolers might suggest.

**364.** To secure repose, which may be refreshing to both mind and body in cases where there is unnatural sleeplessness, a proper amount of outdoor exercise should be taken, the diet should be digestible, and especially not such as will create flatulence. (See Appendix, 7.)

**365.** A fire in the bedroom, or a glass of mulled port or claret taken just before getting into bed, may be found beneficial in some cases.

**366.** Curtains round the bed are injurious to health, as they prevent the access of fresh air to the sleeper.

**367.** Sedatives, such as chloral, opium, and morphia, should on *no* account be used to procure sleep until all other means have failed, and then

the advice of a medical man should first be sought and his sanction given for their use.

368. Nightmares are often the result of indigestible food in the stomach. During one of these attacks, there is as a rule a distressing consciousness of inability to move from some disagreeable vision with which the suffering begins; palpitation then comes on, accompanied by a feeling of weight on the chest and of suffocation; the sufferer now attempts to move and finds it impossible. But in a short time the power of volition returns, and the dreamer arouses himself lest the attack should recur.

369. The treatment of nightmares may be briefly summed up in these words: *Avoid heavy suppers.*

370. 'Proud flesh,' which is popularly believed to be dangerous, is necessary to the healing of any wound. It is simply an excess of granulation, and requires keeping down by the application of lunar caustic.

371. A bruise is an injury to the flesh beneath the skin; and even though the part injured may not become discoloured, a great amount of mischief may have been done. Rest and cold lotions are the best remedies. (See Appendix, 19-22.)

372. Few arrive at middle age without believing they suffer from heart disease. A little palpitation arising from indigestion is quite sufficient to ensure a firm belief that the heart is affected.

373. Heart disease in middle age is rare, unless it be the result of rheumatic fever in early life. It is most common in men who have been soldiers, and is caused in them generally by the obstruction to the flow of blood from carrying the knapsack.

374. Over-training in athletes often produces the

above-mentioned disease, and those who are constitutionally unfit should not be allowed to overtax their strength.

375. Functional or nervous derangement of the heart is common in hysterical people, or persons of a naturally nervous temperament. This generally depends on a disordered state of the bowels, indigestion, or general debility, and the symptoms, such as palpitation, faintness, or flushings, though very distressing, are not dangerous. (See Appendix, 12.)

376. Dilatation of the heart is caused by increased or violent action of the heart or from want of muscular strength in that organ, and a person suffering from it is feeble. Attention to the general health, so as to strengthen the nervous system and give tone, is the only remedy. (See Appendix, 16.)

377. The valves of the heart, sometimes owing to disease, allow the blood to return to the heart; this is called 'regurgitation.' It may be easily understood by imagining the heart to be a force-pump, which it really is, one of the valves having become imperfect.

378. Where there is real disease of the heart, such as valvular disease or aneurism, it is palpable that anything that disturbs its action must be dangerous so that a sufferer from heart disease should not give way to passion or over-excitement, and should not take too violent exercise, especially after meals.

379. An attack of flatulent dyspepsia (wind in the stomach), by impeding the action of a weak heart, will often cause sudden death. This is a frequent cause of death in old people, and in those who suffer from organic disease of the heart. (See Appendix, 12.)

380. Those who suffer from a *weak*—or dilated—*heart* should not take active exercise after a full meal; in fact, no one should take active exercise after a full meal.

381. The commonest symptom of a weak heart is puffiness under the lower eyelids, and breathlessness on slight exertion.

382. Women at 'the change of life' often suffer from functional disturbance of the heart. This is not dangerous.

383. 'Blue Disease' depends on an imperfect construction of the heart, but those born with it seldom reach middle age.

384. Indigestion is the bane of middle age, as it always, or *almost* always, arises from errors in diet, so the sufferer really deserves but little sympathy.

385. Socrates says, 'Beware of such food as persuades a man to eat though he be not hungry, and those liquors that will prevail with a man to drink them though he be not thirsty.' This advice, though written two thousand years ago, applies equally well to-day.

386. The most frequent cause of indigestion is the use of food in too large quantity, or of improper kind, or the imperfect mastication of it, from carelessness, or the pain of bad teeth, or loss of teeth. (See Appendix, 13.)

387. Five or six hours should intervene between meals, and this rule may not be broken with impunity for any length of time.

388. The most fruitful sources of indigestion are want of bodily exercise, excessive labour, undue intellectual exertion, mental anxiety, general debility, immoderate smoking and drinking.

**389.** The nervous irritability of many literary and scientific men has its origin in this disease, and sedentary pursuits with over-mental labour cause disorders which speak through the stomach in the first instance. (See Appendix, 16-25.)

**390.** The low spirits induced by indigestion may vary from slight dejection and ill-humour, to the most extreme melancholy, sometimes even inducing a disposition to suicide.

**391.** The patient misconceives every act of friendship, and exaggerates a slight ailment into a heavy grievance.

**392.** In no disease has the quack so large a field for practice as in this, and in no disease to which humanity is subject is quackery so disastrous or proper treatment so necessary.

**393.** Loss of appetite, pain, weight, and fulness at the stomach, flatulence, vomiting, costiveness, furred tongue, pain in the loins, aching of the limbs, headache, and nervous fancies, are the most common symptoms of indigestion. (See Appendix, 13, 16.)

**394.** Dr. Abernethy says, that 'no person can be persuaded to pay due attention to his digestive organs until death stares him in the face, so it is a happy circumstance that disorders of the stomach are within the reach of treatment, both directly and indirectly.'

**395.** The dyspeptic should thoroughly masticate his food, so that the digestive fluids may liquefy and transform it. He ought, also, to keep quiet for some time after a meal, so as not to divert from the stomach the nervous force required for digestion.

**396.** Sweet hot sherry, new port, and bad spirits,

are poison to the dyspeptic, and if a person does not know what pure wholesome wines are—and they are not more expensive than bad ones—he had better drink no stimulant at all.

**397.** 'It is no doubt true that the stomach which requires stimulants to enable it to act efficiently, can hardly be said to be in a healthy state; but at the same time we should remember that the battle of life is not waged without much wear and tear, without almost overwhelming anxieties, and sickening disappointments, and that the digestive organs are the first to sympathize with the depressions of the mind no less than with the diseases of the body.'

**398.** For a person engaged in sedentary pursuits, or for one suffering from chronic indigestion, here is a day's diet which may be varied according to the programme.

**399.** 7 A.M.: A tumblerful of equal parts of milk and soda-water, or lime-water.

**400.** 7.30 A.M.: To get up. Use tepid or cold sponge bath; rub the skin thoroughly with a coarse towel. Dress leisurely.

**401.** 8.30 A.M.: A large cup of weak tea, with half milk, or milk and water. Sole or whiting, or the lean of an underdone mutton-chop; or a new-laid egg lightly boiled. Stale bread and a little fresh butter.

**402.** 1 P.M.: Luncheon. Oysters, if they agree, an underdone mutton-chop, or a slice out of a roast leg of mutton, provided meat has not been taken for breakfast; one glass of sherry. If there be little or no appetite, a raw egg beaten up in sherry and water, with a biscuit, will be useful.

**403.** 6 P.M.: Dinner. Cod, smelts, turbot or brill, mutton, venison, chicken, grouse, partridge, hare, pheasant, tripe boiled in milk, sweetbread, boiled leg of lamb, or roast beef, stale bread. French beans, cauliflower, asparagus, vegetable marrow, or sea-kale. Half a wine-glassful of cognac in a bottle of soda-water. Two glasses of good sherry or of claret after dinner. A few grapes, an orange, a baked apple, or strawberries, may be taken if desired. A dose of pepsine when needed. (See Appendix, 13.)

**404.** 9 P.M.: A small glass of cold brandy and water with a biscuit, or a cup of weak tea with half milk, and a little bread and butter, or a teacupful of milk-arrowroot.

**405.** 11 P.M.: Bed. To sleep on a mattress without too much covering. The room to be properly ventilated. A fire will be beneficial in cold weather. It is presumed that a good night's rest has been earned by a fair amount of exercise in the open air.

**406.** Pepsine wine, when it can be depended on, is a great aid to digestion. Pepsine is made from the digestive fluid of the stomach of the calf or pig.

**407.** 'Water-brash' is one of the most troublesome and common indications of a disordered stomach. It gives rise to a burning pain in the stomach, and often the vomiting of a watery fluid, which may be tasteless or sour. (See Appendix, 27.)

**408.** It is more frequent in men than in women, and in the lower than in the upper class. A little carbonate of soda in water relieves it.

**409.** Pain in the muscles of the chest is common in indigestion, and has been mistaken for pleurisy. There is no constitutional disturbance with it, and it is not dangerous.

410. The longer indigestion is allowed to go on without treatment, the more difficult it is to obtain relief.

411. 'Biliousness,' which is often caused by a sluggish state of the liver, is a frequent cause of indigestion. (See Appendix, 17 and 25.)

412. The liver may be felt just below the right ribs. Tenderness on pressure indicates a congested state of that important organ.

413. If the liver does not act, the bile remains in the system, and depression of spirits is almost always a symptom. (See Appendix, 15.)

414. The word 'melancholy' means 'black bile,' showing that from ancient times this was considered the cause of lowness of spirits.

415. The Chinese attribute many passions to the liver, which we do to the heart, and really they are nearer the truth.

416. 'Jaundice' was called by the Greeks 'Icterus' (golden thrush), their idea being that the sight of this bird cured the disease, but was fatal to the bird itself.

417. Simple 'jaundice,' uncomplicated with disease of the liver, is seldom fatal; it arises from obstruction to the flow of bile into the intestines.

418. The appearance of the skin and eyes, which become a bright yellow, shows the disease.

419. The liver is the largest gland in the body; it weighs in health about three pounds.

420. Congestion of the liver is often the cause of indigestion. (See Appendix, 15.)

421. The medicines that act most powerfully on the liver are the preparations of mercury and podophyllin. (See Appendix, 17.)

422. Excessive eating and drinking are the common causes of congestion of the liver. (See Appendix, 15.)

423. Inflammation of the liver is very rare in England, but is common in tropical climates; this often leads to abscess of the liver and jaundice.

424. Violent exercise directly after meals, by causing engorgement of the liver, occasions what is called a 'stitch in the side.'

425. Strong healthy persons, living in temperate climates, who take plenty of exercise, may counteract the evil effects which flow from the use of too rich and abundant foods; while those of sedentary habits, who pamper themselves, are sure to suffer.

426. Horse exercise and walking, with such purgatives as 'Hunyadi-Janos' water, taken before breakfast, will soon unload a congested liver. (See Appendix, 15.)

427. Shivering-fits are the earliest indications of some serious disease coming on, and usually of blood-poisoning of some description, such as fever, erysipelas, etc. (See Temperature.)

428. Hypochondriasis, or 'the vapours,' takes that place in men which hysteria occupies in women.

429. Hypochondriasis is often the offspring of selfishness and indolence. There may be associated with it some bodily illness; but the symptoms are always exaggerated.

430. The hypochondriac is ever writhing under the petty despotism of some imaginary evil.

431. It is not an extravagant assertion to say, that he who is commonly called a strong-minded man may shake off an imaginative fear to which another

person, less happily constituted, will succumb; so remarkable is the power of the mind over the body.

432. Extraordinary cases are related, showing the influence of the will over the body, and even the involuntary muscles—for instance, the muscles of the heart; and Celsus speaks of a priest who could separate himself from his senses when he chose, and lie like a man void of life and sense.

433. Cowper, the poet, was a confirmed hypochondriac. Referring to the illness of a friend, he says, ‘But oh! what are your bodily sufferings, acute as they undoubtedly are, to the mental torture I suffer from the fever of the mind?’

434. Under such suffering it is hardly surprising that men have attempted suicide as Cowper did, believing, with the son of Sirach, that ‘death is better than a bitter life or continual sickness.’

435. Those who overwork the mind, and have prolonged mental anxiety—those who have been accustomed to active life and have retired from it, are most subject to the ‘vapours.’

436. Hypochondriacal people derive far more benefit from change of air and active exercise than from *physic*. Breakfast at eight, dinner at two p.m., and supper at half-past seven, with no other stimulant than light bitter ale.

437. Burton, in his ‘Anatomy of Melancholy,’ remarks, ‘It behoves the physician not to leave his patient helpless, but most part they offend in that other extreme: they prescribe too much *physic*, and tire out their bodies with continual potions to no purpose.’

438. What is known as ‘gravel’—a thick muddy

state of the urine, leaving in the vessel a brick-dust sediment—depends more upon derangement of the liver and stomach than upon the kidneys; and a dose of blue pill at night, and half a tumblerful of Friedrichshall water before breakfast for two or three mornings, is the best remedy.

439. Those who suffer from ‘gravel’ should avoid malt liquors and indigestible food, and take plenty of exercise.

440. Anything that depresses the general health, sugar, sweets, malt liquors, sweet wines, and high living, increases the liability to this disease.

441. A little brandy, or weak whisky and water, is the most suitable stimulant for gouty people, and *excessive* fatigue does more harm than good. Regular and moderate walking, or riding exercise, is advantageous.

442. The limb attacked with ‘gout’ should be kept in the horizontal position, and never be allowed to hang down; and the gentle application of belladonna liniment will relieve excessive pain. (See 421.)

443. ‘Gout,’ as Byron says, ‘is the rust of aristocratic hinges;’ and the celebrated Dr. Sydenham, writing on the subject, remarks, ‘It kills more rich men than poor, more wise than simple. Great kings, emperors, generals, admirals, and philosophers have died of gout.’ Thus Nature shows her impartiality; for those whom she favours in one way, she afflicts in another.

444. A person often feels better after an attack of gout than before it, and this false security often causes inattention to rules of health; such inattention generally bringing on another attack of gout.

445. 'Gout' often leaves one part to attack another. This is the most dangerous form of gout, and is generally caused by patients putting the part affected into cold water.

446. Few people suffer from gout before twenty or after sixty, and it is very uncommon in women. It appears earlier in life in those hereditarily disposed to it.

447. The pain of gout may be relieved, and the disease, so to speak, 'made easy,' by the hypodermic injection of one-third of a grain of morphia into the limb above the part affected, but of course this must be done by a surgeon.

448. All composing medicines, given by the stomach, to relieve gouty pains, are injurious.

449. After an attack of gout in any shape a wise person will take a thorough holiday. (See Appendix, 27.)

450. Chronic rheumatism is common in old people, and those who have been exposed to cold and wet.

451. It generally attacks the textures around the joints, and the sufferer is constantly annoyed, and his life made miserable, by the wearying gnawing pain.

452. Hot water-baths, hot air-baths, or vapour-baths medicated with sulphur, give great relief. (See Appendix, 22.)

453. In 'lumbago'—rheumatism of the muscles of the back—a large belladonna plaster spread on leather will ease the pain.

454. All sufferers from chronic rheumatism should wear flannel, and avoid exposure to damp and cold.

455. They should also be careful in their diet, and eschew beer and *heavy* wines, *port* especially.

456. The Mineral Water Hospital at Bath has wonderful efficacy in chronic gout and rheumatism.

457. The water there rises at the spring at a temperature of 113° Fahrenheit.

458. Rheumatism is one of the most common, painful, and severe diseases of this country.

459. It arises from a vitiated condition of the blood.

460. The parts attacked by rheumatism are the muscles, tendons, and ligaments.

461. There are two distinct forms of rheumatism, the acute—rheumatic fever—and the chronic.

462. 'Rheumatic fever' is a most formidable disease, from the suffering it causes, and the injury so frequently produced by it to the *heart*.

463. The first symptoms are restlessness and fever, with aching pain in the limbs, and great increase of temperature, following exposure to cold and wet.

464. In its severe form the patient presents a pitiable spectacle of helpless suffering: he is restless, but dare not and cannot move; the pain is so great that the weight of the bed clothes cannot be borne, and there is an acid sour perspiration and high-coloured urine.

465. Every remedy has been tried in this disease, the latest being the salicylate of soda, which certainly shortens the attack.

466. Giddiness consists of a transitory sense of whirling, or falling; surrounding objects appear to be in motion, the sufferer loses his balance for a second or two, but often recovers himself without falling.

467. It is often an important symptom of incipient disease of the brain.

468. Giddiness is but of little importance or

danger in people under fifty years of age, and generally depends upon derangement of the liver and stomach; a dose of blue pill and black draught, with a tonic mixture after, will cure.

469. Giddiness is also common in over-worked, badly-fed people, and seamstresses are martyrs to it; in the aged, it arises from a want of elasticity in the vessels of the brain, whereby the circulation becomes irregular, giving rise to congestion in one part of the brain, and deficiency in another.

470. The best beverage for flatulency is weak brandy-and-water, at *meals* only.

471. Colic is generally caused by indigestion and flatulence.

472. Simple colic, though very painful, is not dangerous. A glass of hot brandy-and-water, and a good dose of castor oil, will give relief.

473. Lead colic may be known by the peculiar blue line round the gums of those attacked. Painters are most subject to it.

474. 'English colic,' or 'diarrhœa,' is common in hot weather.

475. The usual causes are, eating unripe fruit, raw vegetables, pork, veal, goose, duck, salmon, etc., drinking foul water, inhaling fumes of decaying animal or vegetable matter, and over-crowding.

476. It is seldom fatal except to young children and old people.

477. A flannel bandage round the bowels is a good remedy for those who frequently suffer from diarrhœa. (See Appendix, 14.)

478. 'In 1853, Taunton workhouse contained 279 inmates. In some of the rooms the breathing-

space was sixty-eight cubic feet of air for each person. Cholera swept away sixty-eight in one week.'

479. At the county gaol, the breathing-space was between eight and nine hundred cubic feet, and not a case of cholera occurred. Thus, while the poor were being decimated, the prisoners escaped.

480. 'Ague' is common in low marshy districts. The fit comes daily, every other day, or every three days.

481. The first is commonest in England, and the last in India.

482. In the cold stage, '*hot negus*' is the best drink, and, in the hot, *cooling drinks*. (See Appendix, 6.)

483. James I. and Oliver Cromwell died of ague.

484. An old adage says—

'An ague in the spring  
Is physic for a king.'

If this be so, he should be a *young* one.

485. 'Bright's Disease' is a common affection in middle age, in those who have been intemperate. Gradually increasing weakness, pallor of complexion, sickness in the morning, and puffiness in the ankles towards evening, with wasting of the body, are the early symptoms.

486. Careful diet, abstinence from stimulants, warm clothing, with tonics and change of air, prolong life in those suffering from it.

487. 'Bright's Disease' is a fatty degeneration of the secreting substance of the kidney, and the secretion of water passed by a person suffering from this complaint may be quite natural in appearance.

488. Exposure to cold, on recovering from scarlet fever, when the skin is 'peeling,' is often followed by an attack of 'Bright's Disease,' and is very fatal.

## OLD AGE.

489. The average duration of life at sixty-one years of age, is thirteen and a half years in males, and fourteen and a half in females. At sixty-five, ten and a half in males, and eleven and a half in females.

490. At seventy, eight and a half in males, and nine in females. At seventy-five, six and a half in males, and seven in females.

491. At seventy-eight, five and a half in males, and five and three-quarters in females. At eighty, five in males, and five and a quarter in females.

492. At eighty-four, four in males, and four and a quarter in females. At eighty-eight, three in males, and three and a half in females.

493. At ninety, two and three-quarters in males, and three in females. At ninety-five, two in males, and two and a quarter in females.

494. At one hundred, one and a half in males, and one and three-quarters in females.

495. Out of every million people born, ninety thousand reach the age of eighty; eleven thousand five hundred, that of ninety; and two thousand one hundred and fifty-three, that of ninety-five.

496. Though the late Sir George Grey was a disbeliever in centenarians, yet facts seem to prove

that two hundred and twenty-three, of every million born, live to the age of one hundred years.

497. These statistics are taken from the returns of the Registrar-General, and he obtains them from death-certificates ; but these may, in the case of the very old, be fallible.

498. 'Old Parr' is said to have lived to the age of 153, Henry Jenkins to the age of 169 ; and the Countess of Desmond, who died in the reign of Henry VIII., history states, danced with Richard III. in her youth.

499. Government annuities and insurance rates are reckoned by the returns of the Registrar-General.

500. Death from *old age* is a result of the failure of all the vital powers, more especially of the nervous power, and a slight shock or an attack of flatulent dyspepsia—wind in the stomach—is often fatal in the aged.

501. Death is the necessary termination of all the long succession of phenomena of which life consists.

502. In the old, the powers of life are small and the muscles are feeble and relaxed, and death from extreme age is never painful.

503. The sense of pain becomes paralyzed as the bodily power fails.

504. The rattling noise made in breathing at the termination of life, is simply an accumulation of phlegm in the throat which a dying person has not the power to expel.

505. Among the signs of approaching death, are the sunken eye, the hollow temple, and the sharpened nose.

506. What is known as the 'death-struggle,' is

simply irregular action of the muscles, which the dying do not feel.

507. The faculties become so paralyzed before death, from old age, that the dying lose all fear of its approach.

508. Those who have recovered from apparent death by drowning, describe the sensations as pleasurable.

509. 'The ruling passion strong in death,' is more than a figure of speech; the mind, as it fades, seems to recall the more important actions of the past life.

510. The last words of the celebrated Lord Chesterfield were, 'Show the gentleman a chair,' (polite to the last).

511. The final words of Napoleon I. were, 'The head of the army;' and Lord Byron muttered as he sank to his rest, 'Let me sleep.'

512. The actions of the hands in the dying often show that the mind is engaged in the daily occupation; the dying tailor will *sew*, and the tale is told of an auctioneer striking with his hammer, and dying with the words 'Going, going, gone' on his lips.

513. The diseases of old age are generally dropsy, diseases of the heart, the lungs, the kidneys, urinary organs, or paralysis.

514. Insatiable thirst, loss of flesh and strength, and a frequent desire to micturate are early symptoms of 'diabetes.'

515. In diabetes the urine contains a large quantity of sugar, and the disease is always fatal.

516. Diabetic patients often suffer from cataract.

517. Bran-bread and plenty of milk are good remedies in diabetes.

518. The tissues of the body in old age often undergo fatty degeneration, and this may occur in thin as well as in stout people.

519. Apoplexy is a frequent termination of disease of the kidneys.

520. The first symptoms of apoplexy are faintness, giddiness, and sickness.

521. The tendency to it is often hereditary, but those who are accustomed to good living and have florid complexions and short, thick necks are most subject.

522. People at or beyond middle age, who suffer from giddiness on stooping, or a feeling of weight and fulness in the head, with noises in the ears, should take precautions. (See 527 and 528.)

523. Transient blindness, double vision, loss of memory, and indistinctness of articulation are often the premonitory symptoms of apoplexy.

524. The sudden cessation of an habitual discharge, such as from an ulcer, will sometimes cause a fit of apoplexy.

525. If a person in an apoplectic fit recovers consciousness, and then becomes unconscious again, recovery is rare.

526. In these cases a large clot of blood is generally found pressing on the brain.

527. Strong bodily exertion, violent mental emotion, exposure to extremes of temperature, stooping, and tight neckcloths are among the causes of apoplexy.

528. A spare diet, temperance with regard to alcoholic drinks, and moderate exercise, are the best remedies for those who have a tendency to this disease.

529. Bleeding, from the arm or elsewhere, in apoplexy, increases the tendency to death.

530. Bleeding, years ago, was the invariable resource in apoplexy ; but as the disease is rupture of a bloodvessel, on or in the brain, this remedy, by making the blood more watery, increases the mischief.

531. Bronchitis kills nearly forty thousand people annually in England.

532. The phlegm in the early stage of bronchitis is clear and viscid, and sticks to the mouth.

533. In elderly people the first indications of this disease should not be neglected, as early treatment shortens the attack.

534. Shivering, and a feeling of tightness at the chest, with a general feeling of weakness, usually usher the attack, and the temperature rises to over 100°.

535. Those suffering from bronchitis should have the temperature of the room at 65° to 70° F., and neither by *day* nor by *night* should it be allowed to fall below this.

536. An attack of the milder form of bronchitis lasts from nine to twelve days. Infants and old people are most subject to this disease. (See Appendix, 23.)

537. Bronchitis, when it attacks the small air-tubes of the lungs, is a very formidable disease, and lasts from three weeks to a month. (See Appendix, 8.)

538. In the last form the temperature rises to 103° F., the breathing becomes very difficult, the face blue, the body covered with cold, clammy sweats, and the exhaustion extreme.

539. Warmth is essential in old age, and a sudden change from heat to cold is more dangerous to the old than to the young.

540. Going from a warm sitting or drawing room to a cold bedroom is the frequent cause of bronchitis in elderly people.

541. When the circulation is enfeebled by old age, cold induces congestive diseases by throwing the blood from the surface of the body to the internal organs.

542. Hot fomentations and linseed-poultices give great relief in congestion of the lungs and bronchitis. (See Appendix, 8.)

543. To make a linseed-poultice, take *fine-ground* linseed-meal four parts, olive oil one part, boiling water ten parts. Mix the linseed-meal with the oil, add the water gradually, constantly stirring.

544. A linseed-meal poultice should be an inch thick and *very hot*; a piece of *thin* flannel placed between it and the skin will enable the poultice to be put on hotter by far than it can otherwise be borne.

545. In this way it retains its heat for a much longer time, and is in every way safer.

546. Stupes are very beneficial in cases of bronchitis where there is difficulty of breathing, and in all internal affections where there is great pain.

547. The best stupe is made thus: wring a piece of flannel, eighteen inches square and four times thick, in water as hot as bearable, sprinkle it over with a tablespoonful of spirits of turpentine, and put it quickly on the bare chest or bowels, as the case may be.

548. The best mustard-plaister is made thus : take of mustard, in powder, two and a half parts, linseed-meal two and a half parts, boiling water ten parts. Mix the linseed-meal with the water, and add the mustard, constantly stirring.

549. Put a mustard-plaister next the skin in the *old*, but with muslin between it and the skin in the *young*.

550. If the atmosphere be chilly, those who have passed middle age should have a fire in their bedrooms. (See 540 and 541.)

551. Stimulants are less injurious to the old than to the young, and a moderate amount of wine or spirit in the aged, where the vitality is low, tends to lengthen life.

552. Women who have never had children are more inclined to get fat than those who have.

553. Fat people are not always great eaters, but they invariably drink a great deal, even though it be only water.

554. The Dutch are proverbially as stout as the Americans are thin.

555. Farinaceous and vegetable foods are fattening, and *sugar* is especially so.

556. Insufficient exercise, ease of mind, over-feeding, and too much sleep, lead to obesity.

557. At Strasburg the geese are fattened by being kept near a fire, and by being constantly fed, which causes their livers to become enlarged and fattened.

558. The ortolan in Italy is kept in a dark room, and as its habit is to feed at sunrise, the room is lit by a lamp every few hours, when the bird feeds and goes to sleep again.

559. As this is done six or seven times in the

twenty-four hours, the bird soon becomes a lump of fat.

560. This is Mr. Banting's diet for those who are inclined to be too corpulent. For breakfast : four or five ounces of beef, mutton, kidneys, broiled fish, bacon, or cold meat (except pork), a large cup of tea without milk or sugar, a little biscuit, or one ounce of dry toast.

561. For dinner : five or six ounces of any fish except salmon (it would have been as well to have also forbidden herrings and eels), any meat except pork, any vegetable except potato.

562. Fruit of a pudding, any kind of poultry or game, and two or three glasses of good claret, sherry, or madeira ; port, champagne, and beer forbidden.

563. Tea : two or three ounces of fruit, a rusk or two, and one or two cups of tea without milk or sugar.

564. Supper : three or four ounces of meat or fish, and a glass or two of claret.

565. For a nightcap, a glass or two of gin, whisky, or brandy.

566. Added to this, the sufferer must take a draught, containing one drachm of sal volatile and ten grains of carbonate of magnesia, twice daily.

567. All alcoholic liquids add to the fattening properties of food.

568. Whatever process be used for reducing corpulency, the weight should not be reduced more than *one* pound per week. (See Appendix, 15.)

569. The reduction in weight should not be carried on beyond the rule laid down in the table of average weights.

570. Lord Chesterfield used to say that fat and stupidity were inseparable companions.

571. Lord Byron had such a horror of fat that he chewed tobacco to stave off the calls of hunger. He believed fat to be an 'oily dropsy!'

572. 'Cancer' is more common in women than in men. It is *very* rare in children or young people.

573. It usually begins as a small hard lump or tumour, and may remain stationary for years.

574. The average duration of life in those suffering from active cancer is about two years.

575. If a sufferer undergo an operation in the earliest stage it seldom cures the disease, but it is the only stage at which an operation holds out any hope of success.

576. The disease has so far baffled all treatment.

577. The pain of cancer is intense: it is described as a burning, stabbing pain, and, with the discharge, soon exhausts the powers of life.

578. Cancer of the tongue begins usually as a little fissure, and is often attributed by the sufferer to the irritation of a decayed tooth.

579. Cancer of the lip commences in the same way, and it has frequently arisen from the irritation caused by smoking a clay pipe.

580. In cancer of the *lip* an early operation will frequently entirely cure the disease; but if the glands of the neck are in any way affected by the disease an operation is of no avail.

581. 'Cancer-curers' are 'a delusion and a snare,' and sufferers should beware of advertising 'quacks' in *this* and *all* other diseases.

582. The disease is commonest in people between

forty and sixty-five, and the influence of an *inherited* taint in cancer is very great.

583. 'Galvanism,' or 'Electricity,' is often useful in paralysis, where the cause depends on loss of nervous power, whether in adults or children; but it is seldom of any service where the loss depends upon *injury* to the brain or spinal cord.

584. It is more beneficial in weakness after fever and debilitating diseases than when there is brain-disease.

585. In loss of power, being the result of an accident, it seldom does any good. We should eschew the quack 'galvanic' brushes, etc., so widely advertised. They possess no electrical properties whatever.

586. In fracture of the spine, that is, a 'broken back,' from a fall or any other cause, there is complete loss of power below the seat of the injury.

587. If the fracture be low down, a person may live a long time—even years.

588. If the arms are paralyzed, death usually occurs in a few days.

589. If fracture occurs above the origin of the nerves of breathing (at the top of the spinal cord), death is instantaneous.

590. Those who are the victims of 'heart disease' should avoid all those causes which tend to suddenly increase the heart's action.

591. 'Aneurism' is a frequent cause of sudden death; it is a thinning and rupture of certain of the coats of an artery; a beating sac or bag of blood being thus formed.

592. A person may suffer from this disease without being aware of it; but the result, when the

artery becomes too weak to bear the strain and bursts, is immediate death.

593. 'Ulcers' on the legs are often a cause of annoyance in old age, both to the sufferer and those around him.

594. They should not be allowed to become chronic, so that early attention to them is most important.

595. If an ulcer has existed for some time, the suppression of the discharge is dangerous.

596. Ulcers on the legs in old people will seldom heal without absolute rest.

597. Ulcers are common in people with varicose veins, *i.e.* enlarged knotted veins in the legs.

598. People who wear garters should wear them above the knee, as they are then not so likely to cause the above disease of the veins.

599. 'Piles' are more prevalent in the upper classes than in the lower ; they are caused by habitual constipation, pregnancy, the use of powerful purgatives, rich living, insufficient exercise.

600. Those who suffer from piles should keep the bowels open with a tea-spoonful of confection of senna at bedtime, and sponge with cold water.

601. Where they bleed, rest in the horizontal position and injections of cold water give great relief ; these constrict the enlarged vessels, and give tone to the relaxed tissues.

602. Stimulating and highly seasoned food, spirits, strong wines, and sedentary habits increase the mischief in piles ; but ripe fruit, cooked vegetables, light claret, and acidulated drinks are beneficial.

603. External and internal piles are easily removed

by ligature, which is an operation free from danger excepting in the very old, and those whose constitutions are broken down by excesses.

604. The best ointment for piles is composed of equal parts of powdered gall-nuts and hog's lard.

605. 'Dry gangrene,' or mortification, is a malady of old age; it depends on a diseased state of the arteries of the feet.

606. If there be blueness and pain in the toes, this disease may be suspected.

607. Warmth is the most important remedy.

608. In elderly people the bowels become torpid, from the loss of tone in their muscular tissue and other causes, and the use of aperients is necessary.

609. Nothing acts better than a dose of 'Friedrichshall' or 'Hunyadi-Janos' mineral water taken before breakfast.

610. 'Enlargement of the prostate gland,' placed near the bladder, often causes difficulty of micturition in people beyond middle age.

611. The symptoms of this disease (which seldom begin before the age of fifty-five) may exist months, or years even, before retention or incontinence of urine occurs.

612. As the whole of the contents of the bladder cannot be voided, the remainder becomes ammoniacal and causes great constitutional disturbance.

613. These cases require skilled surgical assistance.

614. An elastic gum catheter can be passed by a patient himself after a few lessons, and the relief given is untold.

615. 'Catarrh of the bladder' is common in old age. It may be called the 'cold' of old people.

616. In catarrh of the bladder the urine is thick, but not bloody. (See Appendix, 28.)

617. Stone is far more serious in the *male* than in the *female* subject, in whom it is seldom seen.

618. 'Gravel,' or stone in the bladder, is a painful disease of elderly people and young children.

619. Where there is a frequent desire to micturate, and the urine is sometimes bloody, a stone may be suspected.

620. The irritation of a stone in the bladder, by the constitutional disturbance it causes, makes life a misery. (See Appendix, 28.)

621. A stone, like the pearl in the oyster, first owes its origin to some small particle of extraneous matter in the kidney or bladder.

622. This disease should be attended to in its early stage; delay makes it one of the most dreadful afflictions that humanity can suffer from.

623. A stone in the bladder has been known to attain the size of fourteen or sixteen ounces.

624. Stone is common in Norfolk, and it is due to a peculiar state of the water drunk there.

625. Soldiers and sailors are peculiarly free from stone.

626. Napoleon III. died from the result of crushing for stone.

627. In dropsy, puncturing the legs with a lancet will often give great relief *for a time*.

628. Softening of the brain is a common cause of death in the old. Gradually increasing loss of memory and of power are the first symptoms, and the disease may go on for years.

629. A person dying of softening of the brain may be said to die in second childhood.

630. Depression of spirits, and a tendency to shed tears on any little excitement, are early symptoms.

631. Softening of the brain rarely occurs before the age of fifty, and a frequent cause of it is ossification of the arteries of the brain, whereby the brain is not properly nourished.

632. No system of treatment beyond good nourishment and attention to the ordinary rules of health avails in this disease, which is generally terminated by an attack of apoplexy. (See Appendix, 2-9.)

633. A sufferer from frost-bite should be put in a cold room, and the part rubbed with *snow*, and cloths dipped in cold water held between the hands of the person applying the remedy.

634. As reaction comes on, the part should be wrapped in flannel or cotton-wool, and a little spirit and water taken.

635. In this way sensibility and motion will be restored with burning and stinging pain, but without ulterior mischief.

636. Where a person has been exposed to severe cold and is apparently dead, he should be put into a cold room, and friction applied to the body as before described.

637. These means must be continued for a *long time*, even if no signs of life appear.

638. Instances are recorded of recovery after several hours of suspended animation.

639. When the body has been exposed to long and severe cold, *parts* of it become frost-bitten.

640. The young and the very old, and those whose constitutions have become depressed for want of proper food, are most subject to it.

641. The parts most generally attacked are the hands, feet, nose, ears, and chin.

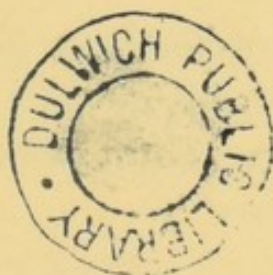
642. A frost-bitten part feels stiff and numb; it looks pale, and has a blueish tint, and is shrunken.

643. A frost-bitten part should on no account be *warmed*, as rapid reaction causes inflammation and mortification of the injured member.

644. The cold bath is less applicable in infancy and old age, than in youth and middle life.

645. Exposure to extreme cold causes heaviness and stupor; it gradually creeps on until there is an overpowering tendency to sleep, which, if indulged in, terminates in a speedy but painless death.

646. Exposure to sudden cold, cold bathing, etc., is *not safe* in old age, in those of a plethoric habit, in those suffering from heart disease, or in those who have a predisposition to active hæmorrhage, such as bleeding at the nose, etc.



## MISCELLANEOUS ITEMS.

647. Whole-meal bread is more digestible and nourishing than other bread.

648. Oysters in the raw state are self-digesting, but not so when cooked; so that by invalids they should be taken raw.

649. Meat is more easily digested when well cooked than when underdone; and all salted meats are more indigestible than fresh.

650. Those who are nursing fever cases should live well, and take active outdoor exercise twice a day, and also have a daily bath. (See Appendix, 11.)

651. By this means the skin will, through perspiration, throw off the poison inhaled in a sick-room.

652. Rapid loss of flesh is not so dangerous as a gradual one.

653. Perspiration is not weakening in itself, but is a sign of weakness.

654. No amount of indoor work will compensate for outdoor exercise, without which no person can be thoroughly healthy and well.

655. People of a phlegmatic temperament, who complain of inability to take exercise, are not too *weak*, but too *indolent* to do so.

656. Sound health, without *active* bodily exer-

tion, is impossible; and though the actual temperature of the body is not increased by it, the refuse in the blood and system generally, is rapidly consumed by muscular exertion.

657. Of all human beings born in England, one-half die before reaching their eighth year, only one-third reach their fourteenth year, and one-fourth their twenty-first; thus three-fourths die before adult age.

658. Tight-lacing in women, by impeding the circulation, by displacing internal organs, and by altering the functions of the digestive and respiratory organs, kills thousands annually; chlorosis or 'green-sickness,' and consumption are often due to this cause in young females.

659. As the blood passes through the body, it collects the decayed and waste particles in the shape of carbonic acid gas, water, ammonia, etc. These are conveyed to the lungs, where, by exposure to the oxygen of the air, they are burnt off.

660. It can therefore be readily understood that tight-lacing, by impeding the free action of the lungs, prevents this process, the result being that the system becomes charged with effete and impure materials, and general derangement of health follows.

661. An overseer or churchwarden cannot give an order for medical attendance unless the case is one of 'urgent and sudden necessity,' such as an accident, or a woman in danger of her life in a confinement.

662. A glass of cold water taken early in the morning is a good remedy for habitual constipation.

663. The children of blood-relations—cousins—are, as a rule, weaker, mentally and physically, than those of strangers. This fact is also found to tell in animals and plants, and is known as ‘breeding in and in.’

664. Six or seven o’clock dinners are more conducive to long life than late suppers, as the food in their case is digested before bedtime; and many a fatal attack of apoplexy or heart-disease occurring during sleep has been due to an overloaded stomach.

665. A person cannot be put in a lunatic asylum without the certificate of two medical men, who must see the patient at separate times. In the case of a pauper, one medical man and a magistrate must certify. The slightest informality in a certificate vitiates the document.

666. After the reception of any patient into an asylum, the medical superintendent is required by statute to send, within seven clear days, to the Commissioners in Lunacy a written certificate stating whether, from his own personal examination, he is of opinion that the patient is insane.

667. But it should be distinctly understood that he gives no opinion as to the person being *not insane*.

668. Digestion goes on better when the body is at rest than when at exercise.

669. A man who is simply a surgeon, *i.e.* a member of the ‘Royal College of Surgeons,’ can only charge for surgical and *not* for medical attendance.

670. Every household should possess a measuring-glass for medicine, as the sizes of table-spoons and tea-spoons vary so much.

671. People often think that a locality does not agree with them, when really it is the house they live in which is at fault from some insanitary cause.

672. In taking a house, particular attention should be paid to the state of the drains and water, as certain fevers (*e.g.* typhoid fever, diphtheria, etc.) owe their origin to a foul state of one or both.

673. To ensure a water-closet being always sweet, a pipe should be carried from beneath the pan to the roof; this will carry off all foul air in the *soil-pipe*.

674. Rats, by opening up direct communication between the drains and the interior of houses, often spoil the best systems of trapping, and the mysterious cause of many cases of fever may be traced to their agency.

675. All house-drains should have some disinfectant thrown down them once every month; and servants should not be allowed to throw water in which meat or vegetables have been boiled, down sinks in the house.

676. A publican cannot refuse to take into his house a body found dead on the road, either from the result of an accident or from sudden death.

677. In all cases of accident, where death has been caused by that accident, if it occur within a year, it is necessary to have an inquest, even though a doctor has been in attendance.

678. In cases of death from accident a post-mortem examination may be prohibited by the relatives of the deceased, unless there is suspicion

of foul play, and in that case an order from the coroner is necessary.

679. A medical man cannot charge for a certificate of death, unless for other than registration purposes.

680. When a death occurs in a house, notice of the same must be given to the registrar of the district within five days of such death ; but it is advisable to procure as soon after death as possible a certificate from the medical man who attended, in case any ulterior action should be necessary.

681. If a person to whom a medical certificate of the cause of death is given by a medical man fail to deliver that certificate to the registrar, he is liable to a penalty not exceeding two pounds.

682. If an inquest is held on the body of any deceased person, a medical certificate of the cause of death need not be given, but the certificate by the coroner of the finding of the jury shall be sufficient.

683. It is a popular error, very commonly believed, that the eye can be taken out of its socket and put back again.

684. ' Squinting ' is due to unequal contraction of one or more of the muscles that move the eye ; it can be remedied by cutting the offending muscle.

685. In midwifery cases the fee covers the first three visits ; but when illness arises as the result of the confinement, it is charged as an *ordinary illness*.

686. If attendance on servants is paid for by the employer, or if he sends for the doctor, the charge is the same as for himself.

687. A master is not liable for medical attendance on his servant unless *he* sends for the doctor.

688. It is illegal to move a person suffering from an infectious disease from one house to another.

689. Medical charges are generally regulated according to the station in life of the patients, and night visits are charged *double*.

690. A medical man does not charge so much for the *medicine* as for the skill and attention bestowed upon the patient.

691. Medical men are not in the habit of giving items, but a patient may *demand* them, and the medical practitioner is bound by law to furnish them ; but it would be far more satisfactory if items were attached to bills by physicians and surgeons in the way done by solicitors.

692. When a medical man is called upon to meet a consultant, his fee is generally half the consultant's fee.

693. The ordinary fee for a consultant, where the distance is within a mile, is one guinea.

694. A medical certificate of death should be delivered to the registrar when the death is registered, and to *no* other person.

695. People subject to determination of blood to the head should have the head of the bed raised four inches by a block of wood under each of the top posts.

696. Whisky is the least, and gin the most, injurious spirit. People who drink the former seldom suffer from gout. Gin-drinking causes enlargement and then atrophy of the liver, commonly known as 'hob-nailed' or 'gin-drinker's liver.'

**697.** An ordinary person can daily consume four ounces of proof brandy, if diluted, without shortening life. This is equivalent to nearly half a pint of port or sherry in alcoholic strength.

**698.** Sherry contains from thirty to thirty-five per cent. by volume of proof spirit; port, thirty to thirty-seven; Amontillado, twenty-seven; claret, sixteen; Château Latour, seventeen; Rosau, sixteen; Vin Ordinaire, eighteen; Rudesheimer, eighteen; Edinburgh ale, thirteen; London porter, eleven; cider, five to eight per cent.

**699.** Port and sherry contain large quantities of sugar. Claret contains none, and is therefore the best wine for people inclined to corpulency or gout, and port is the *worst*.

**700.** 'Effervescent wines' are more rapid in their stimulative effects than still wines. They are more suitable for delicate stomachs. Champagne will often remain on the stomach when nothing else will.

**701.** Persons killed by lightning seldom show much external injury, though every tissue in the body is utterly disorganized, and the body may really be reduced to a pulp.

**702.** In cases of poisoning, one table-spoonful of mustard in half a pint of warm water is within the reach of everybody, and is, moreover, a good emetic.

**703.** With many persons, a dinner off a plain joint is not so easily digested as a dinner of many courses.

**704.** The best way to take castor oil is to shake it up in a wine-glassful of hot milk in which some cinnamon has been boiled; the castor oil can then scarcely be tasted.

705. The only way in which an ordinary person can tell the difference between apoplexy and extreme intoxication, or poisoning by opium, is by the smell of the breath. This should be carefully attended to, but in no case should there be the slightest delay in seeking skilled assistance.

706. Where there is complete insensibility and the patient cannot be roused, the case, even in *intoxication*, is extremely dangerous.

707. It is needless to say that a person may be suffering from a combination of *both*.

708. The room in which a dead body lies should be sprinkled with one part of carbolic acid to forty of water, and the windows should be open night and day.

709. In case of death from ordinary disease, a body will not be offensive during cold weather in a fortnight, but it will become so in two to four days in hot weather.

710. Those who die from consumption will keep longer than those who die from other diseases.

711. If a person die of an infectious disease, for the sake of the living the body should be removed at once to the mortuary; then the funeral may be delayed some days with safety.

712. If a body lying in a dwelling be a nuisance to others, the medical officer of health should be communicated with, when steps will be taken for its immediate removal.

713. If any nuisance injurious to health exists, the same should be reported to the inspector of nuisances for the district.

714. True 'cataract' is where the lens or capsule

of the eye is opaque ; *spurious*, where the opacity is formed in front of the lens by deposits.

715. *Hard* cataract is a disease of elderly people ; *soft* cataract prevails in childhood and middle age, and occurs more often singly than the former. Like gout, it is often hereditary.

716. The habitual examination of minute objects in a dependent position of the head, by which an undue quantity of blood is thrown on the eyes, is supposed to frequently bring on cataract.

717. Dimness of sight is the first symptom, and the sufferer can see better in the twilight than in strong light.

718. No known medicine has any effect on cataract. It is advisable to have the operation for cataract delayed till the sight is wholly gone.

719. Immediate and free cautery with a piece of iron at dull-red heat is the only safe remedy for the bite of a dog ; and this is not so painful as is supposed.

720. 'Hydrophobia' may not show itself for years after the bite of a mad dog, but six weeks to three months is the usual time, and not more than *one* in *twenty-five* of those bitten suffer from the disease.

721. The mortality among *illegitimate* children is more than double that among *legitimate*, owing mostly to carelessness and inattentive nursing.

722. 'Chloral' liberates chloroform in the blood, and is a most dangerous drug in inexperienced hands, and especially so in the hands of those who have weakened their nervous power by over-stimulation. An over-dose of chloral arrests the heart's action, and fatal syncope is the result.

723. For relieving extreme pain, as in gout, neu-

ralgia, etc., it is the best anodyne of all, as there are no after ill-effects, no furred tongue, and no constipation, as when taking preparations of opium.

724. In case of a person found dead in bed or elsewhere, the best thing to do is first to communicate with the medical man who *last* attended the deceased, who will generally, if there is no suspicion of foul play, give a certificate of death.

725. Should he refuse to do so, the police are the necessary officials to acquaint with the fact, and the body should be disturbed as little as possible.

726. It is the duty of the police to acquaint the coroner for the district of the circumstance, who in his discretion will hold an inquest or not, as the case may be, generally in the nearest inn to where the body lies.

727. Late hours and anxious pursuits, by exhausting the nervous system, shorten life.

728. The body during life is constantly giving off effete matter which clogs the pores of the skin; hence the necessity for frequent washing, and the use of the flesh-brush and hard towels.

729. Physiology teaches the knowledge of vital actions in a state of health; pathology the same in disease.

730. The function of nutrition consists of five stages: first, the introduction into the stomach of appropriate food; second, the formation therefrom of a nutritive principle for the blood; third, the transformation of the nutritive qualities of the blood into the tissues; fourth, the re-absorption of the transformed tissues into the blood; fifth, the excretion of the various effete matters from the blood.

731. The uniform and undisturbed action of all these processes makes the difference between health and disease.

732. Unclaimed bodies, the waifs and strays of large towns, are now used for dissecting purposes, and the 'Anatomy Act' compels the superintendents of medical schools to have buried with religious rites those bodies used for dissection.

733. If a member of a family dies of an obscure disease, or if the cause of death is uncertain, the surviving members should allow a post-mortem examination to be made, as by so doing the knowledge gained may be the means of saving similar cases from much suffering or even death.

734. In cases where there is suspicion of foul play, a post-mortem examination will often convict the guilty or exonerate the innocent, and it is idle prejudice to object to it.

735. 'Embalming' is the process by which human bodies can be kept unchanged for a great number of years.

736. It is done by extracting as much as possible the perishable parts of the body, such as the bowels, heart, lungs, and brain, and filling up the cavities, either with spices and gums, as did the Egyptians, or with powerful disinfectants, as is done now.

737. The process adopted in the present day is to force, by means of a syringe, a strong preserving solution into the main artery leading from the heart. This was done in the case of Napoleon III.

738. The body of Charles I., after the lapse of nearly two hundred years, when the coffin was opened in the presence of the Prince Regent, after-

wards George IV., was found almost perfect, the cartilage of the nose only being deficient.

739. The art of embalming as the Egyptians did it, has long been lost in the 'mist of ages.'

740. Uneasiness and headaches arise from breathing air in which less than one per cent. of the oxygen has been replaced by other matters, while the persistent breathing of such air tends to lower all kinds of vital energy and predisposes to disease; hence the necessity of sufficient air and ventilation for every human being.

741. To be supplied with respiratory air in a fair state of purity, each person ought to have at *least* eight hundred cubic feet of space to himself, and that space ought to be freely accessible by *direct* or *indirect* channels to the atmosphere.

742. A room nine feet long, nine feet wide, and nine feet high, only contains seven hundred and twenty-nine cubic feet of air.

743. The breathing process is far more active in proportion to the weight of the body in children, and diminishes gradually with age; this shows how necessary it is not to put too many children in one room for sleeping.

744. When a man is strangled, drowned, choked, or in any other way prevented from inspiring sufficiently pure air, what is known as 'asphyxia' comes on. He grows black in the face, the veins become turgid, insensibility, not unfrequently accompanied by convulsive movements, supervenes, and death occurs in a few minutes.

745. Old wells, beer vats, and drains, often contain at the bottom an accumulation of carbonic

acid gas, which is invisible and inodorous; to enter any place containing ten per cent. of this gas means death.

746. Before a person enters an old well or vat, a lighted candle should be let down, and if it go out, the air is deadly. How many lives have been lost through ignorance of this little fact!

747. A master must defray the expenses of the burial of any servant dying in his house, if such person have no relatives.

748. Cholera is more common in hot than in cold weather, and in adults than in children. About one-fifth of those attacked die.

749. It is not contagious, being propagated by impure water affected by the excretions of cholera patients, and experience has shown that hospital surgeons and nurses exposed to the concentrated miasma of choleraic poison rarely escape taking the disease, while those who pass from bed to bed, and then into the open air, seldom catch it.

750. 'Small-pox' is fatal to thirty-three per cent. of those attacked in the unvaccinated, but only to two per cent. in properly vaccinated persons.

751. There is no contagion so powerful, or so certain, as that of small-pox, and there is no well-authenticated case known of a person having it twice.

752. In the years 1660-1679 small-pox was fatal to 357 in every 100,000 inhabitants of London; in 1859 the proportion was 42 in every 100,000; and its average is about the same now, as the Compulsory Vaccination Acts have been in force since 1854.

753. 'Inoculation' for small-pox is now illegal.

754. Louis XV. of France died of small-pox at the age of sixty-four. He was supposed to have had the disease when fourteen years of age.

755. 'Tic-douloureux,' or neuralgia, when not dependent on the irritation of a decayed tooth, is occasioned by weakness and deranged health. (See Appendix, 22.)

756. Where it is caused by a decayed tooth, no remedy—if stopping is impossible—can equal in efficacy extracting the tooth.

757. Tapping each tooth gently with a key will generally tell the one diseased, by the pain elicited, and will often detect a decayed tooth when the eye cannot.

758. In neuralgia the pain extends to each tooth on the affected side of the face, after the first day or two. This fact is due to what 'physiologists' call 'sympathetic action.'

759. 'Sciatica' is the same disease in the nerves of the leg; exposure to cold and wet are often the causes.

760. 'Headache' is frequently the first symptom of fevers. In ordinary headache nothing is better than a little soda-water and brandy. Close rooms and too much brain-work often cause intense headache, generally known as nervous headache.

761. An attack of rheumatic fever, as a rule, owes its origin to sleeping in a damp bed; nothing is more dangerous.

762. If the bed-clothes appear to stick to the skin, they are damp, and the bed is not safe to sleep in.

763. Loss of voice often occurs as the effect of a severe shock to the nervous system, and is a frequent

symptom in hysterical young women, when it depends on a flaccid or powerless state of the vocal chords.

764. 'Hay-fever' is not a very common disease; it arises from the irritation caused by the inhalation of the germs or possibly the pollen of spring grass or hay. It generally lasts three or four weeks. A change of air to the seaside is the best remedy, or washing out the nose with a weak solution of quinine.

765. 'Hay-fever,' in those who suffer from it, comes every year, when the pollen of hay and flowers is floating in the atmosphere.

766. In 1510 there was a severe epidemic of influenza in England. 'Influenza' is supposed to arise from some contamination of the atmosphere.

767. Dr. Southwood Smith says that when, in 1847, influenza broke out in London, it spread in a single day over every part of the metropolis, and affected upwards of half a million people.

768. It differs from an ordinary cold in greater severity of symptoms, and especially in the prostration to which it gives rise.

769. Paper which has been saturated in a strong solution of saltpetre, if burnt under the nose, will often give great relief in asthma.

770. 'Asthma' is more common in men than in women, and is often hereditary.

771. A fit of asthma looks very alarming, but it is seldom fatal. It leads eventually to diseases of the heart and lungs.

772. Those who suffer from this complaint should eat very light suppers if they wish to avoid night attacks of this distressing disease. (See Appendix, 12.)

773. Most asthmatics are thin and round-shouldered, and have an anxious expression of face; their cheeks are hollow, and their voices generally hoarse.

774. Mineral waters are of but little use to the young and the aged.

775. The change of air and of scene that a visit to a spring entails, adds materially to the value of the remedy.

776. The waters of Cheltenham are useful in the diseases of the liver in those who have resided in India and other tropical climates.

777. Gouty and rheumatic people also derive great benefit from the above-mentioned waters, and the waters being aperient in action, they suit plethoric people.

778. In scrofulous constitutions, those waters containing iron in combination with other salts are the best.

779. Trefrew, in Carnarvonshire, is probably the strongest chalybeate spring in the United Kingdom. It is especially useful in 'green-sickness,' or poverty of blood in young girls.

780. Cheltenham waters are said to have cured George III. of insanity!

781. The hot springs of Bath were known in the time of the Romans. They are very beneficial in rheumatic affections, more so *externally* than *internally*.

782. 'Vichy waters' are useful in debility of the digestive organs, in gravel, and in gout. Half a pint to two pints may be taken daily.

783. 'Friedrichshall water' is useful in congestion

of the liver and kidneys, and as an aperient in constipation of the bowels. Half a pint before breakfast will act as a brisk purgative.

784. 'Hunyadi Janos' is a strong purgative water, useful in obstinate constipation and congestion of the internal organs.

785. 'Chapped hands' are usually caused by the use of hard water. The hands and face, to prevent this affection, should be thoroughly dried after washing.

786. A little glycerine or oil, by softening the hardened and contracted skin, will cure chapped hands.

787. Sea water does not induce a 'cold;' this is probably due to its stimulating effects on the skin.

788. If a dress catch fire, the person should be *at once* wrapped in the nearest material at hand, such as a hearth-rug or blanket.

789. The administration of laughing-gas (nitrous oxide) or of chloroform is dangerous to those who are victims to heart disease, or who suffer from determination of blood to the head.

790. No person should take either without the sanction of a surgeon, and the *presence* of one other than the administrator.

791. 'Sunstroke' is fatal to forty per cent. of those attacked. It is caused by exposure to the direct rays of the sun in hot weather, when the nervous system is depressed either from over-indulgence in stimulants, or suppression of perspiration, etc.

792. It is very fatal to British soldiers in India and other tropical stations; when attacked they fall down, and die in a very short time, the sun's rays

acting upon the brain like a shock and suddenly influencing the nervous system and arresting the heart's action.

793. Cold to the head, and stimulants, should be immediately used until skilled advice is at hand.

794. A person who has had sunstroke is never the same after it: loss of memory and of nervous power are the common effects of the attack.

795. For nervous debility a 'shower-bath' is often of great benefit, and is more beneficial than any other.

796. A shower-bath should be taken before the morning meal, and at first the water should be tepid.

797. The skin should be well dried with a rough towel after a bath; this will produce an agreeable feeling of warmth, which is an indication that the bath is beneficial.

798. As the veins run on the surface of the extremities, it ought easily to be understood that tight garters are a frequent cause of 'varicose veins,' and ulcers on the legs. (See 597.)

799. Children should never be accustomed to wear garters, as they prevent the venous circulation, and lead to disease of the valves of the veins. (See 598.)

800. Hot brandy and water is the best remedy for 'cramp in the stomach,' in emergency. (See Appendix, 12.)

801. Cupping and bleeding have gone out of use more than they ought to have done, but the bleeding of years ago was immoderate and injurious.

802. Before applying leeches, wash the afflicted part well, and rub over with cream.

803. A leech-bite and the fomentation after generally draw away about a tablespoonful of blood.

804. To relieve the head from fulness of blood, the best place to put leeches is behind the ear.

805. A 'seton' in the neck was a favourite way of relieving the head years ago, but it is now quite 'out of fashion.' The seton was made by passing a broad needle armed with tape through about an inch of the skin of the neck.

806. An 'issue' was made by applying a powerful caustic to a small spot in the calf of the leg or elsewhere, and keeping it open with a pea fixed on the spot.

807. Lord Byron and Sir Walter Scott were killed by being *over-bled*.

808. 'The lancet,' some old writer says, 'has slain more than the sword.'

809. In the inflammatory stage of sprains a few leeches applied to the part will give great ease by relieving the tension.

810. 'Deafness' often arises from the accumulation of wax in the ear; this occasions buzzing noises in the head.

811. To dislodge the wax, syringe the ear with hot water for some time every day until relief is felt.

812. If an abscess form in the neck or face, it is better to have it opened with a lancet than to allow it to break, as the scar which results does not disfigure so much.

813. 'Hiccough' is a spasmodic action of the diaphragm, the large muscle separating the lungs from the stomach and bowels.

814. It is dangerous when it comes on after an accident, or in the last stage of a long illness.

815. In children a sudden fright will often cure it,

and in adults a few draughts of cold water have the same effect.

816. Not only *green* wall papers, but papers of other colours, may contain arsenic, and those who occupy rooms papered by them often show symptoms of arsenical poisoning.

817. A person unable to swim, falling into deep water, rises and sinks two or three times before he finally disappears, the specific gravity of the body being increased as the air is expelled from the lungs.

818. If a body has not been in the water more than five to eight minutes, life may be restored.

819. In drowning, death occurs from the impure state of the blood, as the lungs are blocked and the blood becomes charged with carbonic acid.

820. In some cases, death occurs within *one minute*.

821. When a person is taken out of the water apparently drowned, he should be instantly turned on the face, holding the arm under the forehead, to dislodge fluid from the mouth and throat, then turn him on his back again.

822. Next quickly rub the face and chest with the hand or towels, turning the body on the side, when *inspiration* will take place.

823. Again turn the body on the face, when *expiration* will take place.

824. In the meantime send quickly for surgical assistance and blankets.

825. This treatment applies equally to cases of hanging, suffocation in wells or beer-vats, etc.

826. Death caused by total abstinence from food and drink is said to occur in eight to ten days, but

persons will live forty or even sixty days on water alone.

827. A French philosopher, from experiments, found that a reduction from one hundred pounds in weight to sixty pounds was always fatal, and that before the body lost one-fourth of its weight death occurred.

828. So insatiable and agonizing are the pangs of hunger, that mothers have been known to eat their own children.

829. The history of the siege of Jerusalem under Titus, as recorded by Josephus, describes these horrors graphically.

830. After long fasting, food and drink should be given in very small quantities.

831. Those who have undergone the horrors of starvation are seldom able to describe them, the brain becoming weak with the body.

832. Small bags containing camphor are frequently worn by people attending infectious diseases. They are of *no* service. Exercise in the fresh air is the best preventive. (See 60.)

833. It is difficult to say how long the infection of scarlet fever will last, but fresh cases have been known to occur from using linen which has been put away for *a year*.

834. The poison of 'puerperal (or childbed) fever' will hang about a mattress or room for two or three years, and it is great risk for a woman to be nursed in childbed in any place where the disease has occurred two years previously.

835. Where contagious disease has occurred in a house, such as scarlet fever, the rooms should be

lime-washed, and all bed furniture and curtains, if not destroyed, *washed or baked*.

836. 'Bleeding at the nose,' if it cannot be stopped by the application of cold water to the nose, may be stopped by passing up the nostril a long strip of lint on a penholder.

837. This should be left in for twenty-four hours and then withdrawn. The operation is perfectly easy and painless.

838. 'Bathing,' or the bath, besides serving the purpose of cleanliness, is a great agent in the preservation of health.

839. The Baths of Diocletian, in Rome, would accommodate eighteen hundred persons at one time.

840. 'Cold bathing' always does harm when the powers of the body are too languid to bring on a reaction called the 'glow.' (See 646.)

841. Anyone whose skin becomes blue, or who feels cold, languid, or drowsy, after a *cold bath*, may take it for granted it does not agree with him.

842. The 'vapour-bath,' by inducing profuse perspiration, is very serviceable in gout and rheumatism.

843. The 'shower-bath' answers best in head affections, and is useful in bracing up the system in nervous debility.

844. The beard is a valuable protection to the throat and lungs, and should be cultivated by all those who suffer from weakness of those organs.

845. 'Cramp' is the spasmodic contraction of some muscles from irregular nervous action. The best remedy is to put the opposing muscles in action;

thus, a person attacked in bed should jump up and stretch the leg out. (See Appendix, 12.)

846. Where it is necessary to apply ice to the head or body, it should be broken into pieces the size of a filbert and put into an ox bladder.

847. By this means the sufferer is not annoyed on account of the constant dribble of cold water, and the bed-clothes are kept dry.

848. Ice may be kept for a long time, even in hot weather, by wrapping it in a blanket.

849. Any respectable pastrycook or confectioner can procure ice within twelve hours.

850. Ice-bags may be bought, but a bladder is a very good substitute.

851. 'A water-bed' is necessary in cases of fever and where the vitality is low, as in paralysis; otherwise bed-sores will result.

852. 'Bed-sores' are the most troublesome complications of long exhausting illnesses, and the greatest cleanliness is necessary to avoid them.

853. If the urine be allowed to saturate the mattress of a bed, it soon becomes ammoniacal and acts like a blister; this is the most frequent cause of bed-sores.

854. A water-bed, by making the pressure equal on all parts of the body, is the best way of avoiding them.

855. A water-bed should be half filled with water and then filled tightly with air.

856. They can be hired from respectable chemists at a cost of about 3s. 6d. per week.

857. If it is not possible to procure a water-bed, the pressure should be taken off the part which seems inflamed and likely to become a bed-sore.

858. The circulation of the blood through the part should be encouraged by the application of brandy if the skin is not broken.

859. 'Auscultation' by means of the stethoscope is most valuable in throwing light upon the diseases of the organs of respiration and circulation in the chest.

860. The physician, by carefully studying the sounds in health and disease, is able to judge of the condition of those organs with the greatest accuracy, and thus detect and arrest incipient disease.

861. Laennec, in 1816, invented the stethoscope.

862. The best and most certain remedy for corns is glacial acetic acid, applied every night for a week.

863. 'Warts' can be cured by cutting them down and then touching them with nitric acid (*aqua-fortis*).

864. A 'bunion' is an enlargement of the pad that nature has placed to cover a joint.

865. An inflamed bunion requires poulticing and rest; it is a very troublesome affection.

866. Tight boots are the usual *cause of* bunions.

867. The ancients, who wore sandals, never suffered from bunions.

868. In any injury to the eye, such as a blow from an exploded copper cap, etc., no time should be lost in seeking skilled advice, as irreparable damage may be done by a few hours' delay.

869. The specific gravity of cow's milk is 1.033.

870. An instrument known as the 'lactometer' is sold, by which the specific gravity of any milk can be told. This will show whether the milk has been

watered, and also whether the cream has been removed.

871. The milk of a she-wolf contains six times more butter than that of a woman.

872. That of an ass contains half as much as that of a woman.

873. Goats' milk is richer than cows' milk.

874. In-growing toe-nails are caused by tight boots. Scraping the nail until it becomes thin will often relieve it.

875. Should it not do so, the nail may be painlessly extracted under the 'ether spray.'

876. In no surgical operation is the 'ether spray' so useful as in this.

877. It freezes the part on which it is directed, and by doing so destroys all sensation; but this returns without ulterior mischief.

878. Feigned disease is common in hysterical young women and impostors.

879. 'Epileptic fits' are a favourite recourse of impostors, and the application of a piece of iron, made too hot to bear, but not hot enough to injure, will soon discover the trick.

880. Hysterical women often feign hip-disease, paralysis, and debility, for years.

881. In making beef-tea, the meat should be cut into small pieces and put into cold water. (See Appendix, 2-4.)

882. If it be put into hot water, the albumen of the meat is coagulated, and the nutriment of the meat kept in. (See Appendix, 2 and 4.)

883. The finest ground linseed-meal is the best for a poultice, and it is also the cheapest.

884. The best ointment for sore eyelids is ointment of nitrate of mercury one part, and lard three parts, to be rubbed in twice a day.

885. 'Steedman's powders' contain half a grain of calomel in each powder, according to chemical analysis.

886. 'Chlorodyne' is a combination of chloroform, prussic acid, morphia, Indian hemp, peppermint, and treacle.

887. 'Norton's chamomile pills' are made of extract of aloes, extract of gentian, and oil of chamomile.

888. 'Morison's pills' contain *gamboge*, a drastic and dangerous purgative.

889. Mineral waters containing iron should never be taken without medical sanction.

890. They are only good in cases of poverty of blood, from *loss* of blood, or from long exhausting diseases, fevers, etc.

891. Those who accustom themselves to the free use of stimulants in *health*, will derive but very little benefit from them in *disease*.

892. Dr. Beaumont, from experiments on a Canadian (Alexis St. Martin), who had an external opening into his stomach, caused by a gunshot wound, found that rice and tripe were digested in one hour.

893. Eggs, salmon, trout, apples, and venison, were each digested in one hour and a half.

894. Tapioca, barley, milk, and liver were each digested in two hours.

895. Turkey, lamb, and potatoes, each in two hours and a half.

896. Beef and mutton each required three hours, and veal longer still.

897. Under ordinary circumstances, from three to four hours may be taken as the average time for the digestion of a meal in the stomach.

898. Food should be well masticated before being swallowed, as its admixture with saliva is necessary to digestion.

899. The indigestion of old people often arises from their want of teeth to properly masticate food.

900. The skin and the lungs throw off nearly three pounds of effete matter daily.

901. The kidneys of a healthy man, between twenty and forty years of age, give out fifty-two ounces and a half daily.

902. In injury to, or disease of, either side of the brain, the paralysis is found on the opposite side of the body to the seat of the mischief.

903. 'Short-sightedness' depends on too great convexity of the lens of the eye, so that the image of any object is thrown too much in front of the retina—the surface which conveys the rays of light to the brain.

904. 'Long-sightedness' is the reverse of the preceding; the rays are thrown beyond the retina.

905. Convex or concave glasses will remedy these several defects.

906. The human brain weighs, on the average, forty-nine ounces in the *male*, and forty-four in the *female*.

907. The 'heart' weighs, in the adult male, ten ounces, and in the female nine.

908. The kidneys, in health, weigh four to four and a half ounces.

909. 'Holloway's pills' are made of aloes, four

parts ; jalap, ginger, and myrrh, each two parts—all mixed into a mass with mucilage, and divided into *two-grain pills*.

910. ‘Holloway’s ointment’ contains butter, lard, Venice turpentine, white and yellow wax, and nothing else.

911. ‘Widow Welch’s pills’ contain sulphate of iron (green vitriol).

912. An inspector of nuisances cannot be denied access to premises where he suspects a nuisance exists.

913. If access be denied, a magistrate’s order will enable him to enter.

914. If, by the recommendation of the medical officer and inspector of a sanitary authority, it is deemed requisite to alter drains, provide water-closets, or supply water, the owner of the property is bound to do it.

915. Any nuisance which is deemed injurious to health should be reported to either of the officers of the sanitary authority, the medical officer of health or the sanitary inspector.

916. The ‘Public Health Act’ provides for all this.

917. The best remedy for ‘feet that perspire’ and become offensive, is to wash them every morning in cold water, to which two ounces of salt, or alum, to the gallon has been added.

918. It is a good plan to wear cloth boots and cork soles, if a person be so unfortunate as to suffer from this unpleasant affection.

919. Leather boots are the worst that can be worn in the above complaint, as they retain the perspiration and heat.

920. Flannel socks are better than cotton in these cases.

921. If a thorn get into a finger, an easy way of drawing it out is to press firmly over the part with a watch-key, or any small key, when the thorn can be easily removed by tweezers.

922. Thorns left in the flesh often cause deep-seated inflammation and abscess.

923. In a 'whitlow' the matter is deep-seated, and early lancing is necessary.

924. In spite of poulticing, a 'whitlow' will often not come to a head.

925. If it be left to itself, or to homely remedies, it may occasion the loss of a finger or even a hand.

926. Though there may be great pain, there is often very little to see of a 'whitlow' in the early stage.

927. A 'contused wound' or bruise is caused by a violent blow, and the injury is beneath the skin.

928. A 'punctured wound' is such as would be made by a sword or bayonet.

929. A 'lacerated wound' is where the parts are torn.

930. This last is more likely to cause 'lockjaw' than the two former.

931. 'Lockjaw' usually begins with a feeling of tightness about the muscles of the throat.

932. 'Tartar about the teeth' may be removed by a weak solution of acetic acid.

933. If a tooth begin to decay it should be stopped at once or not at all.

934. If people take care of their teeth in early life they suffer less from indigestion in old age.

935. Early decay of the teeth depends upon con-

stitutional debility and want of proper cleansing more than upon eating too much sugar, which is by some supposed to destroy the enamel.

936. The negroes of Jamaica, who eat large quantities of sugar, are noted for their pearly teeth.

937. 'Loss of hair' is common after fevers and debilitating disease; but as the hair-bulbs are not destroyed, friction to the scalp, and a lotion containing cantharides, will effect a cure.

938. Two fluid drams of tincture of cantharides to two ounces of eau-de-cologne make an excellent stimulating lotion for producing hair.

939. 'Moles,' 'mother's marks,' consist of dark-coloured patches covered with hair; they are formed by irregular deposits of pigment with enlargement of the hair-bulbs.

940. Grey hair is an indication of loss of nervous power.

941. Instances have been known where the hair has turned quite grey in a week; and it is said that Marie Antoinette's hair turned grey in a single night.

942. Gutta-percha dissolved in chloroform makes a good application for cuts and threatened bed-sores.

943. 'Tracheotomy' is sometimes performed as a last resource in croup, but it is a dangerous operation.

944. In tracheotomy the wind-pipe is opened below what is called 'Adam's apple.'

945. The best test for damp sheets or bed-clothes is to put a looking-glass in the bed, having previously warmed the bed with a warming-pan, or by lying in it.

946. 'Glanders' may be caught from a *horse suffering from this disease*.

947. In the human subject it gives rise to 'farcy-buds,' and is a loathsome and incurable malady.

948. It is illegal to keep a horse suffering from glanders.

949. The bite of a glandered horse should be treated like the bite of a mad dog, by *cautery*.

950. 'Quarantine' was first instituted in 1448 at Venice, when that city was the great emporium of European trade.

951. In these days of rapid communication it is of less service than then.

952. 'Scurvy,' due to the want of potash in the food, was the scourge of the navy 150 years ago.

953. In Lord Anson's memorable expedition round the world, which left England in 1740, four out of five of the original crew *died* of scurvy.

954. Admiral Hosier in 1726 twice lost his crew from this disease.

955. If a sailor die of scurvy now, some one must be as responsible for his death as if the event were due to poison.

956. Vegetables and lime-juice are specifics for this disease.

957. In 1795 an Admiralty order was issued for supplying the fleet regularly with lime-juice.

958. The addition of fifteen grains of carbonate of soda to a quart of milk makes it far more wholesome for children and invalids.

959. It is best to use the *white* as well as the *yolk* of an egg in making wine, or brandy-egg mixture for invalids.

960. If the 'stomach' cannot retain food it should be known that life may be sustained by the injection of *enemata* or clysters into the bowels.

961. The best enema for this purpose consists of eight tablespoonfuls of beef-tea, two of cream, and one of brandy, for each injection. (See Appendix, 10.)

962. 'Fasting girls and boys' are a delusion and an imposture, for life cannot be maintained without food of some description for a longer period than twenty-one days.

963. The Welsh fasting girl died when subjected to the scrutiny of constant watching in about that time, proving that in some way food had been previously conveyed to her.

964. No person, for the relief of pain, should attempt to administer or inhale chloroform himself.

965. It is a most *dangerous* practice to inhale chloroform from a handkerchief when lying in bed, but, as recent inquests have shown, a *common* one.

966. Some people bear chloroform better than others; but the usual after-effects are intense headache and sickness.

967. The dose of chloroform taken internally is from one to three drops; it is prescribed in the form of chloric æther.

968. Chloric æther contains one ounce by weight of chloroform to nineteen ounces by measure of rectified spirit.

969. In this form it will mix with water.

970. Chloric æther is useful in sea-sickness and in almost all cases of irritation of the stomach; the dose is twenty to thirty drops in a wineglassful of cold water.

971. 'Blue pill' contains one grain of mercury to two grains of conserve of roses.

972. 'Gregory's powder' is composed of magnesia, rhubarb, and ginger in powder. It is an old and poor remedy.

973. 'Grey powder' is composed of one part of mercury to two of chalk; the dose for an adult is five grains.

974. 'Dover's powder' is composed of one part of opium, one of ipecacuanha, and eight of sulphate of potash; the dose for an adult is ten grains.

975. The shock of the nervous system in a railway accident is often trivial at the time, but afterwards in many cases leads to softening of the brain or spinal cord.

976. Extreme nervous debility, loss of sleep and mental power, are often the result of shock.

977. This may occur without any marks of violence or loss of blood.

978. Concussion of the spinal cord is a frequent result of a railway collision.

979. Doses in medicine depend on the age of the individual, thus: where an adult would take sixty drops, an infant of two or three months would take three drops.

980. A child of six months and up to one year, five drops, or one-twelfth.

981. A child of two years, seven and a half drops, or one-eighth.

982. A child of three years, ten drops, or one-sixth.

983. A child of four years, fifteen drops, or one-quarter; and one of seven years, twenty drops, or one-third.

984. A youth of fourteen years, thirty drops; and one of twenty, forty drops, or two-thirds.

985. 'Inoculation' was brought into England by Lady Mary W. Montagu from Turkey in 1721, where it had been practised many years. Inoculation is practised with matter from a smallpox vesicle, and produces a modified form of smallpox.

986. The fatal results from inoculation were one in five to six hundred; the operation is illegal now.

987. Before vaccination was introduced, smallpox killed half a million people in Europe every year, and a fourteenth part of the death-rate of London was caused by the disease.

988. Jenner never claimed for vaccination that it was an absolute preventive, but that it was as good a safeguard as an attack of the disease itself, without any of the latter's risk to life and horrible disfigurement.

989. In disinfecting rooms after smallpox, scarlet fever, etc., all windows, doors, and outlets should be closed, and one pound of sulphur put in a metallic dish and a little spirits of wine poured over; this should be set alight, and the fumes kept in the room three hours; after which all doors and windows should be thrown open for twenty-four hours.

990. A dry heat of  $250^{\circ}$  will destroy all infection in bedding, clothes, curtains, etc.; for this purpose a baker's oven is well adapted.

991. The heart is like a double force-pump, and consists of two sides or four chambers. The blood is forced from one side to the lungs, where it is purified; it then returns to the other and left side, and is from thence forced all over the system.

992. The circulation of blood was discovered by

William Harvey, a physician in the time of Charles I. and II.

993. The pulse is caused by the action of the heart propelling the blood over the body through the arteries.

994. Marshy, low-lying localities are always unhealthy, the decaying vegetable matter causing malaria, ague, and rheumatism.

995. The beneficial effects of sea air are due to its purity, the equability of its temperature, to the iodine it contains, and to the constant presence of ozone.

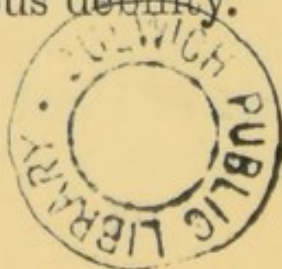
996. Mountain air is pure, but has a low temperature; it contains a large proportion of ozone.

997. The amount of rain in resorts for invalids is not of such moment as the way in which it falls; a region liable to sharp, heavy showers being better than one where it drizzles like a Scotch mist.

998. The best resorts abroad for invalids are those where the temperature is equable and the rainfall small—Mentone, Nice, San Remo, Malaga, and Algiers.

999. The climate of Madeira, the West Indies, and the Azores is very hot for invalids, and the moisture is considerable.

1000. The diseases most likely to be cured or benefited by change of climate are the following: consumption, chronic bronchial affections, asthma, dyspepsia and disorders of the digestive organs, chronic gout and rheumatism, affections of the kidneys, and nervous debility.



## A P P E N D I X.

*N.B.—The doses in all the prescriptions given are for adults. In giving them to others, reference must be made to the table of doses in 'Maxims' 979 to 984.*

### 1. 'HUMAN MILK' (ARTIFICIAL).<sup>\*</sup>

Fresh cow's milk, 1 pint.

Skim milk,  $\frac{1}{2}$  pint.

Water (hot),  $\frac{1}{2}$  pint.

Sugar of milk, 1 oz.

Dissolve the sugar of milk in the hot water and mix. This makes the nearest approach to human milk attainable, and the addition to the above of ten grains of carbonate of soda would prevent it turning sour and render it more digestible. On this a child would thrive—if obliged to be dry-nursed—for the first seven or eight months of its existence. Referring to the mode of feeding infants in England and Scotland—and these remarks should be taken to heart by *all* mothers—Dr. William Farr, Registrar-General, says :

'Discarding all lesser differences in these tables, the striking fact appears, that it is *convulsions* which is the chief cause of the very high proportion of infantile deaths in England as compared with Scotland. Thus, in England 35 infants died from convulsions in every 1,000 infants living, but only 6 died in Scotland in every 1,000 from the same cause.

'There is, therefore, something terribly faulty in the present mode of treating infants in England, and there is the most urgent necessity for something being done to arrest this fearful waste of human life; for if the English mortality from convulsions were reduced to the Scottish standard, *seventeen thousand lives would be annually saved to England!* These 17,000 infants, who annually die in England from convulsions above the Scottish proportion, are truly lives wasted, and their deaths are truly preventible deaths; and the saving of these lives would of itself lower the *total mortality* of infants in England to that of Scotland.

\* This food for infants will soon be manufactured in a 'condensed' form for the use of the public.

'There cannot be the slightest doubt that the very high mortality among the nursing children of England is due to the fact that they get spoon meat far too early in life, before the stomach of the tender babe can digest anything but the mother's milk. This is indeed the vital difference between the mode of feeding infants in Scotland and in England. As a general rule, no spoon meat of any kind is given to infants in Scotland until nine months from birth are expired, or until the child has cut its front teeth.'

## 2. EXTRACT OF BEEF.

Take one pound of rumpsteak, mince it like sausage-meat, and mix it with one pint of cold water. Place it in a pot at the side of the fire, and heat very slowly. It may stand two or three hours before it is allowed to simmer, and then let it boil gently for fifteen minutes. Skim and serve. The addition of a small tablespoonful of cream to a teacupful of this beef-tea renders it richer and more nourishing. Sometimes it is preferred when thickened with a little flour or arrowroot. (Dr. Tanner.)

## 3. EGGS, CREAM, AND EXTRACT OF BEEF.

Wash two ounces of the best pearl sago until the water poured from it is clear. Then stew the sago in half a pint of water until it is quite tender and very thick; mix with it half a pint of good boiling cream and the yolks of four fresh eggs, and mingle the whole carefully with one quart of good beef-tea, which should be boiling. Serve.

*This nourishing broth is very useful after acute disease in cases of lingering convalescence.* (Tanner.)

## 4. BEEF TEA.

Take one pound of beef minced very fine and put it in a common earthenware teapot, with a pint and a half of cold water. Stand the pot on the hob so that it may simmer for at least three hours. About three-quarters of a pint of good beef-tea will be thus obtained.

## 5. INVALID PUDDING.

One teaspoonful of flour, one egg, one breakfast-cupful of fresh milk. Mix, tie down in a jam-pot, and boil for twenty minutes. Turn out and serve with red-currant jelly or butter, as preferred. (Author.)

## 6. WHITE WINE WHEY.

To half a pint of boiling milk, add one or two wineglassfuls of sherry or madeira. The curd to be separated by straining through a fine sieve or piece of muslin. Sweeten the whey with refined sugar.

*A pleasant drink in consumption and exhausting diseases.*

## 7. CAUDLE.

Beat up one egg with a wineglassful of sherry, and add it to half a pint of hot gruel. Flavour with sugar, nutmeg, and lemon-peel.

Or, Beat up two tablespoonfuls of cream in a pint of thin gruel, add to this one tablespoonful of curaçoa or noyau, and a wineglassful of sherry. Flavour with sugar-candy, and let half a tumblerful be taken cold at intervals.

*Useful in sleeplessness and debility, also in colds, influenza, etc.*

## 8. BRANDY AND EGG MIXTURE.

Take the whites and yolks of three eggs, and beat them up in four ounces of plain water. Add slowly three or four ounces of brandy, with a little sugar and nutmeg. Two tablespoonfuls should be given every four or six hours.

*In some cases of great prostration the efficacy of the mixture is much increased by the addition of one dram of the tincture of yellow cinchona bark to each dose. (Tanner.)*

## 9. BREAD JELLY.

Take a quantity of the soft part of a loaf, break it up, cover it with boiling water, and allow it to soak for some hours. The water—containing all the noxious matters with which the bread may be adulterated—is then to be strained off completely, and fresh water added; place the mixture on the fire and allow it to boil for some time until it becomes smooth; the water is then to be pressed out, and the bread on cooling will form a thick jelly. Mix a portion of this with sugared milk and water, for use as it is wanted. (Dr. Churchill.)

*A good food for infants at the time of weaning, and for children with acute disease.*

## 10. BEEF-TEA AND CREAM ENEMATA.

Mix together four ounces of strong beef-tea, one ounce of cream, and a tablespoonful of brandy. This may be administered four or six times in the twenty-four hours by means of an ordinary enema apparatus.

*In cases of acute inflammation of the stomach or bowels, cancer of the stomach, or obstinate sickness in pregnancy, etc., where it is necessary to avoid giving food by the mouth.*

## 11. BARK AND CAMPHOR.

Spirits of camphor, 20 minims; rectified spirits, 1 fluid dram; infusion of yellow cinchona bark, 1½ fluid oz. Make a draught.

*To be taken every six or eight hours by a nervous attendant in a sick-room.*

## 12. ETHER MIXTURE.

Spirits of ether, spirits of chloroform, of each 2 fluid drams; tincture of cardamom, 6 fluid drams; spirits of nutmeg, 2 fluid drams; peppermint water, 8 oz. Two or three tablespoonfuls occasionally.

*In flatulence, asthma, spasm, palpitation of the heart, and colic.*

## 13. DIGESTIVE DINNER-PILL.

Pepsine (pigs'), 32 grains; extract of Barbadoes aloes, 8 grains; glycerine, sufficient to make a mass. Divide in eight pills; silver them. One to be taken every day at dinner.

*In indigestion and habitual constipation.*

## 14. DIARRHŒA MIXTURE.

Dilute sulphuric acid,  $1\frac{1}{2}$  dram; gallic acid, 1 dram; tincture of opium, 1 fluid dram; syrup, 1 fluid oz.; water, 6 fluid oz.; spirits of chloroform, 2 fluid drams. Two tablespoonfuls to be taken every four or six hours.

*In obstinate diarrhœa.*

## 15. TONIC APERIENT MIXTURE.

Sulphate of magnesia,  $\frac{1}{2}$  oz.; potassio-tartrate of soda, 2 scruples; infusion of gentian, 2 fluid oz. Make a draught. To be taken every morning.

*In corpulency, congestion of the liver, and to relieve the effects of too good living, without destroying the appetite or disturbing the stomach.*

## 16. TONIC MIXTURE.

Quinine, 12 grains; dilute phosphoric acid, 2 fluid drams; tincture of nux vomica, 1 fluid dram; syrup of orange, 1 fluid oz. Water up to 6 oz. Dose, two tablespoonfuls three times a day.

*A powerful nervine tonic, in debility, after fever, in want of appetite from nervous exhaustion, overwork, anxiety, and other causes.*

## 17. LIVER PILLS.

Resin of podophyllin,  $\frac{1}{2}$  grain; extract of colocynth (compound),  $2\frac{1}{2}$  grains; extract of hyoscyamus, 1 grain. Make into a pill. Two to be taken occasionally.

*In sluggish liver, biliousness, and as a good purgative.*

Or this: Blue pill,  $1\frac{1}{2}$  grain; compound extract of colocynth, 3 grains; powdered ipecacuanha,  $\frac{1}{4}$  grain; acetic extract of colchicum,  $\frac{1}{4}$  grain. Mix. Two to be taken occasionally.

*An excellent liver pill.*

## 18.

Extract of nux vomica, 3 grains; compound colocynth pill, 20 grains; extract of hyoscyamus, 40 grains. Mix and

divide in twelve pills. They may be continued for about ten days, two being taken every night.

*In habitual constipation.*

#### 19. A COLD LOTION.

Solution of acetate of lead, 2 fluid drams ; spirits of wine, 3 fluid drams ; spring water, 6 fluid oz. Mix. Linen cloths, wet with this lotion, to be kept applied to the part affected, and changed as often as they become warm or dry.

*In sprains, erysipelas, and burns.*

#### 20.

Sulphate of iron,  $\frac{1}{2}$  dram ; Epsom salts, 3 drams ; tincture of nux vomica, 1 fluid dram ; spirits of chloroform, 2 fluid drams ; water, 6 fluid oz. Mix. Two tablespoonfuls to be taken three times a day.

*In debility, from poverty of blood, in young females and others.*

#### 21. AN ASTRINGENT GARGLE.

Take of tannin 1 dram, of acid infusion of roses 6 fluid oz. Mix and gargle frequently.

*In relaxed throat.*

#### 22. AN ANODYNE LINIMENT.

Take of belladonna liniment and compound camphor liniment, each 1 fluid oz. Mix, and rub in gently.

*In sprains, gout, rheumatism, neuralgia, chilblains, and other painful affections.*

#### 23. A COUGH MIXTURE.

Carbonate of ammonia,  $\frac{1}{2}$  dram ; ipecacuanha wine,  $\frac{1}{2}$  fluid dram ; tincture of opium,  $\frac{1}{2}$  fluid dram ; syrup of squills, 4 fluid drams ; camphor water, 6 fluid oz. Mix. Two tablespoonfuls to be taken three times a day.

*In most forms of cough, and in the chronic bronchitis of old people.*

#### 24. BORAX AND HONEY.

Take of powdered borax 1 dram ; honey, 1 oz. Mix.

*In sore mouth, the thrush, and 'white-mouth' of infants.*

#### 25.

Take dilute nitro-muriatic acid,  $\frac{1}{2}$  fluid dram ; tincture of orange-peel, 3 fluid drams ; infusion of quassia, 6 fluid oz. Mix. Two tablespoonfuls to be taken three times a day.

*In indigestion, inactive liver, biliousness, and debility.*

#### 26.

Tincture of arnica, 6 fluid drams ; water, 8 fluid oz. Mix.

*As a lotion in sprains, contusions, and burns.*

## 27.

Bicarbonate of potash, 3 drams ; syrup of lemon, 1 fluid oz. ; water, 1 quart. Mix for a day's drink.

*Very useful in the gouty diathesis and in acute rheumatism. (A drink called 'Constitution Water' owes its efficacy to the bi carbonate of potash it contains.)*

## 28.

Take saltpetre, 1 dram ; spirits of juniper, 2 drams ; spirits of nitre, 3 fluid drams ; infusion of buchu, 6 oz. Mix. One-sixth part every six hours.

*In catarrh of the bladder, difficulty of micturition and scanty secretion of urine in old people.*

## 29.

Take of bicarbonate of potash or carbonate of soda, 24 grains ; sal volatile, 16 minims ; syrup of ginger,  $1\frac{1}{2}$  fluid dram ; peppermint water up to 1 oz. Mix. One teaspoonful to be taken every four hours for an infant from two to four months old.

*In acidity of the stomach, griping, and fretfulness.*

## 30.

Take of sweet essence of senna and of peppermint water, of each 2 fluid drams. Mix.

*A pleasant laxative draught for a child from two to four years old.*

## 31.

Take of calomel 1 grain ; powdered jalap, 3 grains ; powdered ginger, 1 grain. Mix. Dose, from five to fifteen grains, according to age.

*A good purgative for worms, convulsions, and biliousness in children.*

## 32. ASTRINGENT GARGLE.

Take of burnt alum 2 drams ; tincture of capsicum, 2 fluid drams ; syrup of orange-peel, 1 fluid oz. ; water, 8 fluid oz. Mix.

*In hoarseness, sore throat, relaxed tonsils, etc.*

## 33. CHEMICAL FOOD.

Take of phosphate of iron 40 grains ; dilute phosphoric acid,  $1\frac{1}{2}$  fluid dram ; syrup of orange-peel, 1 fluid oz. Water to make up 4 fluid oz. Mix. One tablespoonful to be taken three times a day.

*A syrup of the phosphates of iron, lime, soda, and potash, is made up and sold by chemists by the name of 'Chemical Food,' and is of great value in all forms of scrofulous disease, rickets, and general debility in infants and children.*

# INDEX.

*(The Figures refer to the Numbers of the Maxims.)*

- ABSCCESS**  
 of breast, 33, 300, 301, 302, 303, 304, 305  
 of face, 812  
**Accidents**  
 railway, shock from, 975  
 effects of, 976, 977, 978  
**Acne**, 279  
**Ague**, 480, 481, 483, 484  
 best drink in, 482  
**Alexis St. Martin**, 892  
**Aneurism**, 591, 592  
**Annuities**, 499  
**Aperients**  
 for elderly people, 608  
**Apoplexy**, 519, 522  
 best remedies for, 528  
 bleeding for, 529, 530  
 causes of, 521, 524, 527  
 recovery in cases of, 525, 526  
 symptoms of, 520, 523  
 to detect from intoxication, 705, 706, 707  
**Asses' milk**, 28  
 artificial, 29  
**Asthma**, 770, 771  
 description of, 773  
 and suppers, 772  
 to relieve, 769  
**Athletic exercises**, 281  
 for ladies, 282  
**Atrophy**  
 in infants, 25  
**Auscultation**, 859, 860, 861  
**Bath**  
 springs at, 456, 457, 781  
**Baths**, 838, 839  
 cold, 645, 646, 840, 841  
 shower, 843  
 vapour, 842  
**Beard**, 844  
**Bed-clothes**, damp, 762, 945  
**Bed-sores**, 852, 853  
 application for, 942  
 causes of, 853  
 to prevent, 857, 858  
**Bed, water**, 851, 854  
 to fill, 855  
 to hire, 856  
**Beef-tea**, 881, 882  
**Biliousness**, 411, 412  
**Bite**  
 of glandered horse, 949  
 of mad dog, 719, 720  
**Bleeding**, 801, 807, 808  
 at nose, 836, 837  
**Blood**  
 amount of, 335  
 circulation of, 991, 992, 993  
 fulness of, 340, 341  
 poverty of, 227, 228, 890  
 to the head, 695  
**Blue disease**, 383  
**Boils**, 347  
 treatment of, 348, 349  
**Bournemouth**, 215, 216  
 climate of, 217  
**Brain**  
 injury to, 902  
 weight of, 906  
**Bread**, whole-meal, 647  
**Breast-pumps**, 306  
**Bright's disease**, 485, 486, 487

*Bright's disease—continued*

causes of, 488  
symptoms of, 485

*Bronchitis*

causes of, 539, 540  
duration of attack, 536, 537  
phlegm in, 532  
stupe for, 547  
symptoms, 533, 531, 538  
temperature of room in cases  
of, 535  
mortality from, 531

*Bruises, 371**Bunions, 864*

inflamed, 865  
cause of, 866, 867

*Burns, 147, 148, 150**Byron, Lord, bled, 807.**Cancer*

age for, 582  
commencement of, 573  
duration of life, 574  
occurrence, 572  
operation, 575  
pain of, 577  
treatment of, 576, 581  
of lip, 579  
cause, 579  
operation, 580  
of tongue, 578

*Castor oil*

best way to take, 704  
for infants, 53

*Catalepsy, 260, 261, 262**Catarrh—cold*

causes, 264, 265  
treatment, 266, 267, 268, 269,  
270  
of bladder, 615, 616

*Cataract*

operation, 718  
symptoms, 717  
'true' or 'false,' 714, 715, 716

*Charges, medical, 669, 689*

for consultations, 692, 693  
midwifery, 685, 690  
items in, 691

*Chicken-pox, 91**Chilblains, 130, 131*

boots for children with, 133

*Child-bearing, age for, 191**Children*

bones of, 141  
boxing cars of, 137, 138  
bread for, 161

*Children—continued*

burns on, 147, 148, 150  
consumption in, 107  
croup in, 112  
diarrhoea in, 143, 145  
cause, 143  
treatment, 144  
dimness of sight in, 140  
dreams of, 185  
eating poisonous berries, 159  
eight-months', 327  
exposing legs of, 132  
garters for, 135  
hardening, 134  
itch in, 163, 164, 165, 166, 167  
mortality among illegitimate,  
721  
outdoor exercise, 123  
purgative for, 146  
rashes, 161, 162  
ringworm, 173, 174  
scalds in, 149, 150, 152  
seven-months', 326  
sickening, 57  
six-months', 325  
sleeping accommodation for,  
56, 156, 157  
stockings for, 135  
styes in, 172  
worms in, 108

*Chloral, 722*

overdose of, 723

*Chloric æther, 968, 969*

in sea-sickness, 970

*Chlorodyne, 886**Chloroform, 789, 790*

after effects, 966  
danger, 965  
dose of, 967  
to inhale, 964

*Cholera, English, 474*

cause of, 475, 476  
Asiatic, 478, 479, 748, 749

*Climates for invalids, 215, 997, 998,  
999, 1000**Cold, exposure to extreme, 639 640,  
641, 642, 643**Colic, 470, 471*

treatment, 472  
'painters' (lead), 473

*Confinements, after-pains, 314*

attendance in, 291, 292  
blood-poisoning after, 294  
Cæsarean section, 328, 329  
deaths in, 321, 322  
diet after 315 320

*Confinements—continued*

- difficult, 293
- getting up after, 316, 317, 318, 319
- liability to infection after, 295, 296
- Congestion, production of, 541
- Constipation, 662
  - cold-water cure for, 542
- Consumption
  - appearance in, 212
  - best resorts for those in, 215, 216, 217
  - causes of, 208, 213
  - curability, 214
  - deaths from, 200, 203
  - infection of, 201
  - nails in, 218, 219
  - symptoms, 203, 204, 205, 206, of death in, 211
  - treatment, 207, 209, 210
- Convulsions, 42
- Corns, 862
- Cousins, marriage of, 663
- Cradle-cap, 114'
  - use of soap in, 115
- Cramp, 845
  - in stomach, 800
- Croup, 112
  - symptoms of, 113
- Cupping, 801
- Curtains, use of, round a bed, 366
- Curvature
  - of spine, 125
  - treatment, 126
- Cuts
  - of artery, 248
  - of vein, 247
  - to stop bleeding from, 246
  - application for, 942
- Dead body
  - length of time to keep, 709, 710 after infectious disease, 711
  - room containing, 708
  - when a nuisance, 712
- Deafness
  - cause, 810
  - remedy, 811
- Death, accidental, 676, 677
  - post-mortem examination, 678
  - action of hands in those near, 512
  - apparent from exposure, 636, 637
  - apparent recovery from, 508

*Death—continued*

- certificate of, 679, 680, 681
- in case of inquest, 682
- delivery of, 694
- from drowning, 817, 818, 819, 820
- from exposure to cold, 644
- from obscure disease, 733, 734
- from old age, 500, 501, 502, 503
- from starvation, 823
- ruling passion in, 509, 510, 511
- signs of approaching, 505
  - rattle, 504
  - struggle, 506, 507
- sudden, what to do in, 724, 725, 726
- Derbyshire neck, 251
- Diabetes
  - remedies for, 517
  - symptoms, 514, 516
  - urine in, 515
- Diarrhœa, 143, 144, 474, 475, 476, 477
- Digestion, 668, 892, 893, 894, 895, 896, 897
  - time necessary to, 898
- Dinners, late, 664
  - plain, 703
- Diphtheria
  - fatality in, 94
  - symptoms, 97
- Disease, feigned, 878, 880
  - to detect, 879
- Disinfection, 835, 889
- Dislocations, 238, 239
- Doses, for all ages, 979, 980, 981, 982, 983, 984
- Drains
  - disinfecting, 675
  - rats in, 674
  - state of, 671, 672, 673
- Dress on fire, 788
- Dropsy, 627
- Drowned, treatment of the, 821, 822, 823, 824, 825
- Dissection, bodies for, 732
- Ear-ache, 153
- Eczema, 114, 115
- Eggs for invalids' mixtures, 959
- Elastic stockings, 351, 352
- Embalming, 735, 736, 737, 738, 739
- Endemic, 106
- Enemata, nutritive, 960, 961
- Epidemic, 104
  - causes of, 105
- Ether-spray, 875, 876, 877

- Exercise, outdoor, 654, 655, 656
- Eye, injury to, 868  
 squint in, 683, 684  
 lids, ointment for sore, 884
- Fainting, 252
- Falling of womb, 316, 317
- Fasting, 962, 963
- Fat, Lord Chesterfield and, 570  
 Lord Byron and, 571
- Fatness, 552, 554  
 causes of, 556  
 eating and, 553  
 best remedies for, 343  
 diet, 560, 561, 562, 563, 564, 565  
 fulness of blood in, 341  
 in illness, 342  
 to reduce, 566, 567, 568, 569
- Feet  
 offensive perspiration, 917  
 remedy for, 918, 919, 920
- Fever, scarlet, 80, 81  
 congestion of kidneys in, 87  
 incubation of, 77  
 symptoms of, 80  
 termination of, 81
- Typhoid, 85, 86  
 incubation of, 79  
 milk, a cause, 100, 10  
 symptoms of, 83
- Typhus, 98
- Fevers, contagious, 99, 835  
 ventilation in, 102, 103
- Flatulency, best drink for, 470
- Flesh, loss of, 652
- Fomentations, hot, 542
- Food  
 amount consumed, 334  
 and alcohol, 567  
 fattening, 555
- Fractures  
 varieties, 41, 42  
 first treatment, 237  
 green-stick, 142  
 of spine, 586,  
 death from, 587, 588, 589  
 symptoms of, 240
- Frostbite  
 causes, 637  
 parts attacked, 639  
 appearance, 640  
 persons liable to, 638  
 treatment of, 633, 634, 635, 636  
 642  
 use of warmth, 641
- Galvanism, 583, 584, 585
- Gangrene, dry, 605  
 remedy, 607  
 symptoms, 606
- Garters, 598, 798, 799
- Geese, Strasburg, 557
- Giddiness, 466, 467, 469  
 before apoplexy, 520
- Gift of unknown tongues, 263
- Glanders, 946, 947, 948, 949
- Glass-measure, 670
- Gout, 441, 443, 444, 445, 449  
 composing medicines in, 448  
 age, 446  
 to relieve pain of, 442, 447
- Gravel, treatment of, 438, 439, 440
- Green sickness, 228
- Hair, grey, 940, 941  
 loss of, 937  
 remedy, 938
- Hands, chapped, 785  
 cure for, 786
- Harelip, 109, 110
- Hay-fever, 764, 765
- Head, to relieve fulness of blood in,  
 804, 805
- Headaches, 740, 760
- Heart  
 action of, 991, 992  
 weight of, 907  
 nervous derangement of, 374,  
 381, 382
- Heart disease, 372, 373, 374, 375,  
 376, 378, 380, 590  
 cause of death in, 379
- Hiccough, 813  
 to relieve, 815  
 when dangerous, 814
- Hip disease in children, 127, 128,  
 129
- Housemaid's knee, 271  
 treatment, 272
- Hydrophobia, 720
- Hypochondriasis, *vide* 'Vapours'
- Hysteria, 192, 193, 195  
 causes, 197  
 symptoms, 198  
 to distinguish from epilepsy,  
 196  
 treatment, 194, 199
- Ice  
 to apply, 846, 847, 850  
 to keep, 848  
 to procure, 849

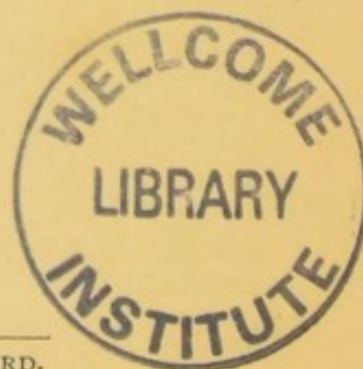
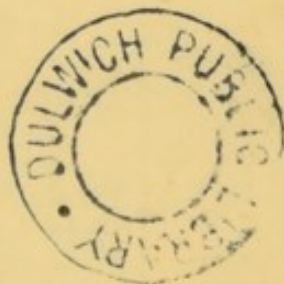
- Indigestion**, Abernethy on, 394  
     causes, 384, 386, 387, 388, 389  
         in old age, 899  
     diet, 398, 399, 400, 401, 402, 403,  
         404, 405  
     in infants, 24  
     pain in, 409, 410  
     pepsine for, 406  
     quackery and, 392  
     Socrates on, 385  
     symptoms, 390, 391, 393  
     treatment, 395  
         alcohol and, 396, 397  
**Infants and feeding bottles**, 12, 13,  
     15, 16  
**Infants**, atrophy in, 25  
     best purgative for, 54, 55, 57  
     brought up by hand, 26  
     castor oil for, 53, 55  
     congestion of lungs in, 123  
     diet when weaned, 43, 44, 45,  
         46  
     dry-nursed, 3, 10  
     indigestion in, 24  
     lungs of stillborn, 158  
     obstruction of bowels in, 168  
     opium for pain in bowels, 169  
     rupture in, 171  
     spoon-feeding of, 6  
     tongue-tied, 11  
     tooth-rash, 118  
     when to put to the breast, 5  
     white-mouth in, 36  
     wind in, 34  
**Infection**  
     to destroy, 833, 834, 990  
     to prevent, 58, 832  
     to remove cases of, 688  
**Influenza**, 766, 767, 768  
**Inoculation**, 753, 985, 986  
     fatality in, 987  
**Insanity**, 257, 258, 259, 263  
**Issue**, 806  
**Jaundice**, 416, 417  
     symptoms, 418  
**Kidneys**  
     secretion of, 901  
     weight, 908  
**King's Evil**, 250  
**Lancing the gums**, 38, 39  
**Late hours**, 727  
**Laudanum**, 35  
**Laughing-gas**, 789, 790  
**Leeches**, 802, 803, 804, 809  
**Life**, average duration of  
     at birth, 1, 2, 657  
     at 15—25 years, 187, 657  
     at 35—60 years, 331, 332  
     at 61—100 years, 489, 497  
**Lightning**, death caused by, 701  
**Lime-water**, 17  
**Linseed-meal**, to use, 543, 544, 545,  
     883  
**Liver**, Chinese idea of, 415  
     congestion of, 412, 420, 422,  
         423  
         causes, 425  
         treatment, 426  
     inflammation of, 423  
     drugs acting on, 421  
     position, 412  
     weight, 419  
**Localities**, healthy, 671, 672  
**Lock-jaw**, 930, 931  
**Long sight**, 904  
     remedy, 905  
**Louis XV.**, 754  
**Lumbago**, to relieve, 453  
**Lunatics**  
     certificate for, 665  
     laws relating to, 666, 667  
**Lungs**, 900  
     congestion of, 123  
**Malaria**, 994  
**Measles**  
     congestion of lungs in, 86  
     incubation of, 78  
     symptoms of, 82  
         German, 92  
**Meat**, digestion of, 649  
**Middle age**, diseases of, 333  
**Milk**  
     asses', 27, 28, 872  
         artificial, 29  
     condensed, 30  
     cows', 869  
         adulteration, 870  
         carbonate of soda in, 958  
         to test, 870  
     goats', 873  
     human  
         best artificial substitute,  
             14, 30  
         brought up curdled by in-  
             fants, 27  
         first, 312  
         good supply in wet-nurse, 20  
         regular flow of, 313

- Miscarriage, 324  
 Moles, or mother's marks, 939  
 Monomania, 256  
 Mountain air, 996  
 Mumps, 139  
 Mustard-plaister  
     to make, 548  
     to use, 549  
  
 Nervous debility, shower-bath for, 795  
 Nettle-rash, 116, 117  
 Neuralgia, 229  
     treatment, 230  
     from decayed tooth, 756, 758  
 Nightmares, 368, 369  
 Nipples, retracted, 307  
     treatment, 308, 309  
     sore, 10  
         treatment, 11  
 Nipple-strings, to break, 33  
 Nuisances, 713, 915, 916  
     inspector of, 912, 913, 914  
 Nurses  
     dosing infants, 23  
     duty of, 59, 60  
         in fever cases, 650, 651  
     nostrums, 34  
     wet, 18, 19  
         antecedents, 21, 22  
         good supply of milk in, 20  
 Nutrition, 730, 731  
  
 Ointment  
     for sore eyelids, 884  
     Holloway's, 910  
 Old age  
     cold weather and, 550  
     diseases of, 573  
     softening of brain in, 628, 629, 630, 631, 632  
     stimulants in, 551  
     tissues of body in, 518  
     use of bowels in, 608, 609  
 Old Parr, 498  
 Opiates for infants, 35  
 Ortolans, 558, 559  
 Oysters, 648  
  
 Paralysis, seat of, 902  
 Paregoric, 35  
 Paupers, medical order for, 661  
 Perspiration, 653  
 Physiology, meaning of, 729, 730, 731  
 Piles, 599  
  
 Piles—*continued*  
     diet in cases of, 602  
     ointment, 604  
     operation, 603  
     treatment, 600, 601  
 Pills  
     blue, 971  
     Holloway's, 909  
     Morison's, 888  
     Norton's chamomile, 887  
     Widow Welch's, 911  
 Poisoning, emetic for cases of, 702  
 Poultice, linseed-meal, 542  
     to make, 543, 544, 545  
     mustard to make, 458, 459  
 Powder  
     Dover's, 974  
     Gregory's, 972  
     grey, 973  
     Steedman's, 885  
 Pregnancy  
     constipation in, 288  
     during suckling, 299  
     loss of blood during, 289, 290  
     sickness in, 283, 284  
         remedy, 285  
     to enjoy good health during, 286, 287  
 Prostate  
     enlargement of, 610, 612, 613  
     symptoms, 611  
     use of catheter in, 614  
 Proud flesh, 370  
 Puberty, 188, 189, 190  
 Pulse, 337, 339, 993  
     number of beats in health, 336  
     in disease, 338  
  
 Quack medicines, 55  
 Quarantine, 950, 951  
 Quartets, 323  
 Quinsy, 231  
     to relieve, 232  
  
 Rain, in invalid resorts, 997  
 Religious maniacs, 263  
 Respiration, 741, 742  
     in children, 743  
 Rheumatism, 458, 461  
     cause, 450, 459  
     diet in, 455  
     parts attacked, 451, 460  
     treatment, 454  
     Bath springs, 452  
 Rheumatic fever  
     cause, 761

- Rheumatic fever—*continued*  
     symptoms, 462, 463,  
     treatment, 465  
 Rickets, 124  
 Ringworm, 174  
     to cure, 173  
 Room, sick, 328  
     temperature of, 329, 330  
     treatment of, after contagious  
     fevers, 835  
  
 Saint Vitus's dance, 175, 176  
 Santonin for worms, 41  
 Scalds, 151  
     fatality from, 152  
 Sciatica, 759  
 Scurvy, 952, 953, 954, 955, 957  
     specific for, 956  
 Sea air, 995  
 Sea-sickness, cure for, 970  
 Sea water, 787  
 Servants  
     medical attendance to, 686, 687  
     burial of, 747  
 Seton, 805  
 Shivering fits, 427  
 Short sight, 903  
     remedy, 905  
 Shower-bath, 795, 796, 797, 843  
 Skin, 728, 900  
     after a bath, 797  
     in fevers, 90  
 Sleep, 344, 345, 346  
     brain during, 355  
     disposition, 356  
     length of, 353, 354  
     to prevent, 359, 360  
     to procure, 364, 365  
 Sleeping accommodation, 225  
     in boarding schools, 226  
 Sleeplessness after childbirth, 361  
     causes, 357, 358  
     death from, 362, 363  
     use of sedatives for, 367  
 Small-pox  
     contagion in, 751, 987  
     epidemics of, 752  
     fatality in, 750, 754  
     inoculation for, 753, 985  
     symptoms, 93  
 Softening of brain, 629, 631  
     symptoms, 628, 630  
     treatment, 632  
 Soothing powders, 34  
     Steedman's, 885  
 Spectacles, 905  
  
 Spinal irritation, 253, 254, 255  
 Spirits, 696, 697  
 Sprains  
     treatment, 233, 234, 235, 236,  
     809  
     in gouty people, 234  
 Squinting, 683, 684  
 Starvation, death from, 826, 827,  
     828, 829, 831  
     treatment, 830  
 Stimulants, 551, 891  
 Stitch in the side, 424  
 Stone  
     attention to, 622  
     origin, 621  
     symptoms, 617, 618, 619, 620  
     weight, 623  
     occurrence, 624, 625, 626  
 Stupes  
     use of, 546  
     to make, 547  
 Sty, 172  
 Suckling  
     diet when, 297  
     failure of milk, 298  
     pregnancy when, 299  
 Suffocation, 744, 745, 746  
 Sunstroke  
     cause, 791  
     effects, 794  
     fatality of, 792  
     treatment, 793  
 Syrup of poppies, 34  
  
 Teeth, 934, 936  
     decayed, 756, 757, 758  
         cause, 935  
         to detect, 757  
         to stop, 933  
     to remove tartar from, 932  
 Teething  
     milk teeth, 40  
     diet when, 45  
     eruption of permanent teeth,  
     49, 50, 51, 52  
 Thorns  
     to extract, 921  
     a cause of festers, 922  
 Tic-douloureux, 755, 756, 758  
 Tight lacing, 280, 658, 659, 660  
 Toe-nail, ingrowing, 874, 875  
 Tonsils, enlarged, 184  
 Tooth-rash, 118, 119  
 Tracheotomy, 943, 944  
 Triplets, 323

- Turkish baths, 268, 239  
 Twins, 323
- Ulcers  
   on legs, 593, 594, 597  
   suppression of discharge, 595  
   to heal, 596
- Vaccination  
   best age, 61  
   effects, 70  
   free, 62  
   number of pustules, 63  
   taking matter for, 67, 68  
   to guard pustules, 66  
   to procure lymph, 61, 64
- Vapour bath, 842
- Vapours, 428, 429, 430, 431, 432,  
   433, 434  
   causes, 435  
   treatment, 436, 437
- Vats (empty), to test, 746
- Veins, varicose, 350  
   causes, 798  
   elastic stockings for, 351
- Ventilation, 31, 156, 157
- Voice  
   development, 273, 274, 275  
   loss of, 763  
   of old people, 276  
   production of notes, 277, 278
- Wall-papers, green, 816
- Warts, 863
- Washing, necessity of, 728
- Water-brash, 407, 408
- Water on the brain, 111
- Waters, mineral, 774, 775  
   for scrofulous constitutions,  
   778
- Waters  
   Cheltenham, 776, 777, 780  
   Friedrichshall, 609, 783  
   Hunyadi Janos, 609, 784  
   Trefew, 779  
   Vichy, 782  
   with iron, 889, 890
- Weight of adult men, 220, 221, 222,  
   223, 224
- Wells (old), to test, 746
- White-mouth, 36
- Whitlow, 923, 924, 925
- Whooping-cough, 94  
   fatality, 95  
   remedy, 96
- Wines  
   strength of, 698, 699  
   effervescing, 700
- Worms in infants, 41  
   santonin for, 41
- Wound  
   contused, 927  
   lacerated, 929  
   punctured, 928  
   lockjaw from, 930

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