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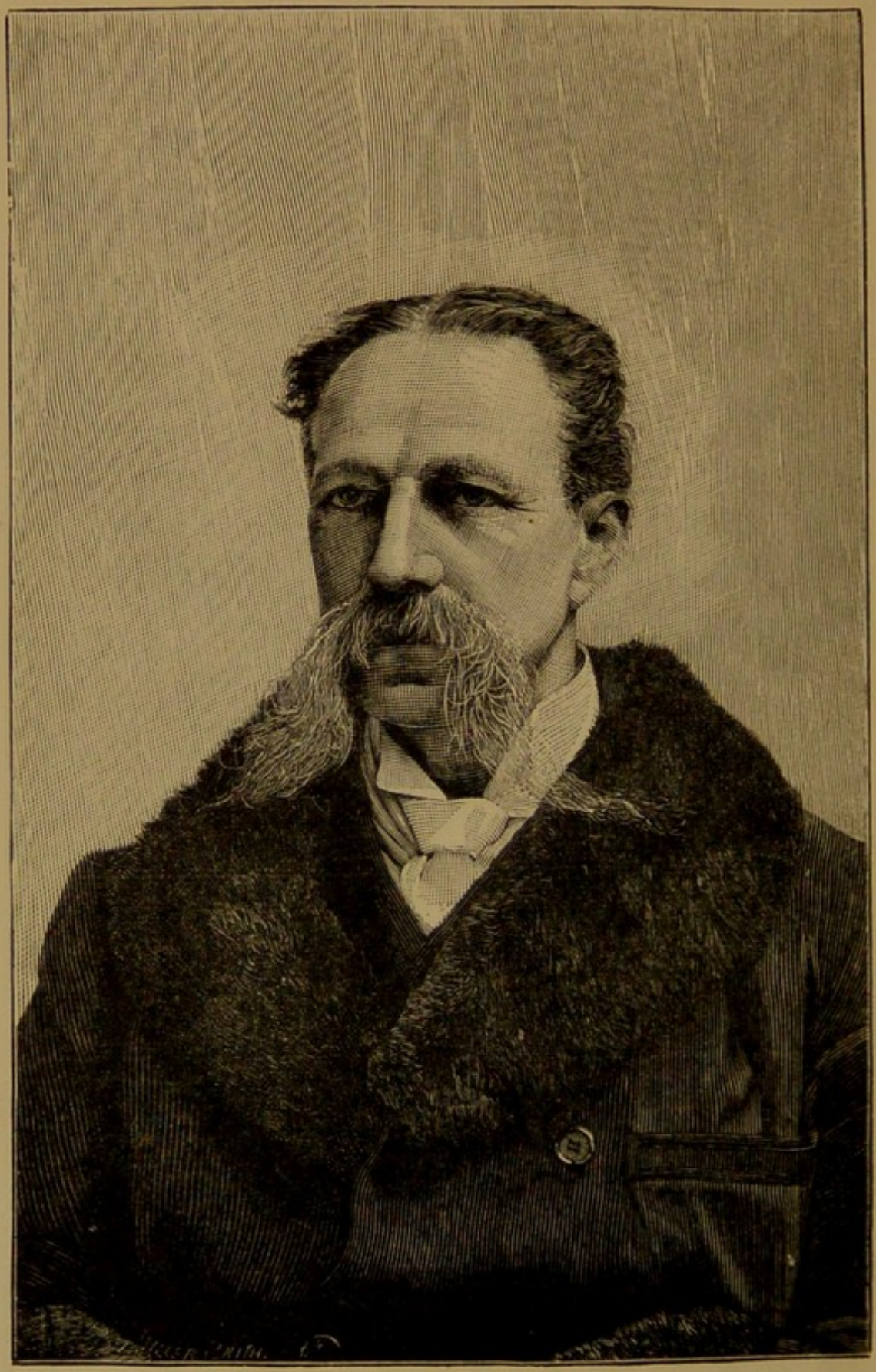

GORDON STABLES, M.D., C.M., R.N.

THE

MOTHER'S BOOK OF HEALTH

AND

FAMILY ADVISER

BY

GORDON-STABLES, M.D., C.M.

Author of "The Girl's Own Book of Health and Beauty,"
"The Boys' Book of Health and Strength,"
"Sickness or Health?"
"The Wife's Guide to Health and Happiness,"
"Leaves from the Log of a Gentleman Gipsy—In Wayside Camp and Caravan,"
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Dedication.

TO

THE MEMORY

OF

MY DEAR MOTHER

(WHO SLEEPS BY URY SIDE)

THIS BOOK

IS AFFECTIONATELY DEDICATED

BY HER SON,

THE AUTHOR.

"And I'll love the gentle Ury, where'er my footsteps tread ;
For sooner shall thy fairy wave return from yonder sea
Than I forget yon lowly grave, and all it hides from me."

Thom.

PREFACE.

In this book, which forms the fifth of a medical series written for individual or for family use, I write for the mother as I would talk to her, always, I trust, earnestly and thoughtfully, never I hope otherwise than in language that can be easily understood, and frequently sacrificing all attempt at literary grace to that which is of far more importance—common-sense combined with usefulness.

The first volume of the series, published by the same firm, saw the light of day about five years ago, and was written for the benefit of adults of either sex. It was entitled "Sickness or Health?"

This was succeeded by the "Girl's Own Book of Health and Beauty," to which I flatter myself my connection for so many years with that most excellent publication, "The Girl's Own Paper," enabled me to do justice.

Then followed the "Boys' Book of Health and Strength." It was unlikely I should forget my boys after ministering to the wants of their sisters, and strength is a possession as much valued by young men as beauty is by girls, though, as I endeavoured to prove in these two books, neither can be obtained without obedience to the laws of health.

My fourth volume, published last year, was devoted to the interests of the newly-married wife, and is entitled the "Wife's Guide to Health and Happiness."

And now I step forward once again, holding in my hand the present little work, which I trust will be as acceptable to the mother as the last was to the young wife.

The book is meant to be what its title indicates, a guide to the mother in the rearing of her children, especially in their earlier years, and also a general family referee in emergencies.

I may repeat in this preface some remarks I made in that to my last work: The book is not written with a view of enabling the mother to dispense with the services of her doctor. Very much the reverse. In every case of emergency, of urgency, of difficulty or doubt, I strongly advise the calling in of the family physician. He should be the family friend, and never I opine will confidence in him be misplaced. I do believe that the profession to which I have the honour to belong, is the only one that is old-fashioned enough to retain a conscience worth the name. But, joking apart, although a mother may need the services of the doctor, still his time is very valuable, and there are hundreds of little odds and ends she may want to know, that she cannot think of troubling him with. Yet she ought to know all about these, and if I explain some of them, I think I fill a niche. And my advice may be deemed none the less valuable, in that I am a married man myself, and as far as family goes, very much married.

It will be noticed that I give very few, if any, prescriptions. This is not because I lack faith in physic. But, because I deprecate and deplore self-doctoring. No physician it seems to me can honestly prescribe in a general way; circumstances—diathesis, idiosyncrasy, etc., etc.—alter cases in the matter of prescribing. Need I apologise then, for not being profuse in the matter of prescriptions? I think not.

In conclusion, I may add, that in some portions of this book I give the mother good advice concerning her own health, for on this greatly depend the welfare and happiness of her children.

There will also be found some chapters that the mother may read to her children—her girls or boys—for everything that concerns their welfare must appeal to her.

Small though the volume be, I trust and pray that with God's blessing it may oftentimes prove of service to mothers of families, so positioned that medical aid cannot be easily procured. With these brief remarks I must bid my reader adieu!

THE AUTHOR.

The Jungle,
Twyford,
Berks.

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MOTHER'S BOOK OF HEALTH

AND

FAMILY ADVISER.

CHAPTER I.

IDEAL HOME LIFE.

THERE are many kinds and conditions of families, just as there are very many kinds and conditions of men. This is a statement which, I may safely say, few will be prepared to contradict.

Families differ not only in worldly wealth, not only in brightness of intellect, in talent or genius, but they differ greatly in the breadth and depth of that golden halo of happiness that ought to surround all, and surround not only the families themselves, but the individual members thereof.

Do you happen to remember, gentle reader, those words of wisdom, embodied in a little prayer, and to be found in the Proverbs of Solomon:—"Remove far from me vanity and lies; give me neither poverty nor riches; feed me with food convenient for me."

What a wealth of worldly—nay, almost heavenly wisdom—

do these simple words embody! I do not know how Solomon would rank now among our latter-day scientists, savants, and men of letters, but no doubt he was the wisest man in his day and generation; and his experience of the world was almost unlimited. However, had he never written another sentence save that which I have just quoted, he should deserve to live in man's memory for all time.

"Remove from me vanity and lies" How often do they not go hand in hand! Vanity and lies strut and stalk like tail-proud peacocks through every lane or labyrinth of what is called polite society. I do not refer to the upper ten so much as to the layer or stratum or subsoil immediately beneath them in worldly rank, the *nouveaux riches*, the untitled million. It is herein you meet vanity riding rampant, with falsehood on the box seat. Lies? Well, as to the actual telling of lies, I do not suppose these classes are either better or worse than those immediately above or below them. But if they don't *talk* lies, they very often *walk* lies. They act them, you know. Position must be kept up. People must carry their heads as high as their neighbours do, even though the heavens should fall. And the wise man must have felt this when he prayed, "Remove from me vanity and lies."

"Give me neither poverty nor riches." Well now, it is my firm belief, that if a man were granted the power to live four different lifetimes, one after the other, and had spent three, the first in poverty, the second in competency, and the third surrounded by every luxury that wealth could bring, I believe and say, that if he were asked in what condition he would choose to spend his fourth life-time, he would reply with Solomon—"Give me neither poverty nor riches."

My experience is that families in middle-class life are by far the most happy, provided that the husband has work to do which ensures him a competency, but does not entail extra worry, or heart-weakening, brain-corroding care. Provided too, that he has not to race of a morning to catch an early city train, and that he can return home of an evening feeling neither over-tired nor peevish. I may add that it is better that the husband should be from home all day. There is always in this case the happy little re-union each evening to look forward to, when, the toils of the day past, he can seek for that rest and perfect ease only to be found at home.

The families, methinks, of rich men, enter with greater difficulty into the heaven of happiness in this life. And the reasons are not far to seek. Happiness is like a beautiful butterfly; sit perfectly still and it may alight on your hand, try to catch it and you may have to follow it over the hills and far away, and not lay hold of it after all.

"Pleasures are like poppies spread,
You seize the flower, the bloom is shed;
Or like the snow, falls in the river,
A moment white, then melts for ever;
Or like the borealis race,
That flit e'er you can point their place;
Or like the rainbow's lovely form,
Evanishing amid the storm."

It is indeed true that the pleasures we hunt for do, too often, vanish amid storms. But even if they do not, they begin very soon to pall upon us. Everything becomes trouble and boredom; we become the victims of ennui, and if we seek for solace in the wine cup, we are lost indeed. But, alas! how many young men in the families of the wealthy do this very thing. I could, if I desired to, relate the sad story of scores I have known, who from

insane pleasure-hunters, have become "horridly bored" sufferers from ennui, descending thence to the pigdom, I might call it, of drink, degenerating into drunkards and dipsomaniacs, their nearest relations feeling relieved at last, when their coffins were borne silently away to their long home.

I doubt if Burns, in his wonderful poem, "The Twa Dogs," was very far out after all in describing the life of the idle rich, when he makes honest Cæsar, the Newfoundland, speak as follows to his friend the Collie:

"It's true they need na starve or sweat,
Thro' winter's cauld, or summer's heat;
They've nae* sair wark to craze their banes,
An' fill auld age wi' gripes and granes;
But human bodies are sich fools,
For a' their colleges and schools;
That when nae rich ills perplex them,
They mak enough themselves to vex them.

* * * *

For gentlemen—and ladies warst,
Wi' even-down want o' wark are curst;
They loiter, lounging, lank, and lazy,
Tho' deil-haet† ails them, yet uneasy;
Their days insipid, dull, and tasteless,
Their nights unquiet, long, and restless;
An' even their sports, their balls and races,
Their galloping through public places,
There's sich parade, sich pomp, an' art,
The joy can scarcely reach the heart."

Is there not a deal of truth in this rugged description, reader? But let us glide down the scale, let us descend to the bottom rungs of the ladder of life, and we find poverty

* Pronounced, nay. † Positively nothing.

and sorrow usurping the place of happiness in families that have to struggle for their bare existence, and for the miserable crusts that support the brief and bitter spell they term life. There is little time for a mother here to look after the welfare and interests of her children, and the father has even less. The board schools are the only real homes such children have, the teachers there stand to them in the place of parents. And well it should be so. It is the poor people of great and sinful cities that I am now alluding to. Several steps in rank above these, are the country cottagers and farm labourers of our pleasant rural districts. As far as I know—and there are very few parts of Britain in which I have not travelled and sojourned —these people are frugal, hard-working, and temperate; the men it is true do sometimes find their way into a beer house, while their wives are shopping, but instances of intoxication are happily very rare.

The Scottish cottars are even more frugal and more happy, in that they are as a rule better educated. Schools have been an institution in the north for over three hundred years. Indeed, the poorest and oldest women are able to read, and thus to brighten the sunset of their lives. We hear our southern neighbours sometimes talking scoffingly of the God-fearing Scots. But this is hardly kind or in good form. Family worship is but rare, I fear, in the southern or midland counties of England. For my own part, I rejoice to know that in our far-off Highland glens, prayer begins each day, ascending heavenwards with the curling peat-reek that rises from the low-built cottages, and prayers and Bible-reading wind up the day. Was any more delightful picture of innocent rural life ever drawn, I wonder, than Burns's "Cottar's Saturday Night?" Nor is it over-drawn by one single line or touch as I could prove to you to-morrow, if you accompanied me to some of the upland districts of Aberdeen or Ayrshire.

It is eventide, the cottar has been hard at work all day, and glad enough he is now to gather up his spades and hoes; for although chill November winds are blowing, the week is at an end, and to-morrow he will spend in blissful ease and rest. So wearily over the moor towards his humble home, he begins to trudge.

"At length his lonely cot appears in view,
Beneath the shelter of an aged tree;
Th' expectant wee-things toddlin', stacher* thro',
To meet their dad, wi' flichterin' noise and glee.
His wee bit ingle, blinkin' bonnily,
His clean hearth-stane, his thriftie wifie's smile;
The lisping infant prattling on his knee,
Do his weary carking cares beguile,
An' makes him quite forget his labour and his toil.
Belyve, † the elder bairns come dropping in,
At service out, among the farmers roun';
Some ca' the pleugh, some herd, some tentie rin
A canny errand to a neighbour town;
Their eldest hope, their Jenny, woman grown,
In youthfu' bloom, love sparklin' in her e'e,
Comes hame, perhaps to show a braw new gown;
Or deposit her sair-won penny-fee,
To help her parents dear, if they in hardship be."

Then there is the gladsome meeting of brothers and sisters, and the strange stories and experiences each have to tell, the while the industrious mother sits plying needle and scissors, making—

"Auld claes look amaist as good as new."

With laughing and "daffin," and story telling, intermingled now and then with sage advice from the kindly old father, the night drives on. Then—

* Stagger. † By-and-bye.

"Hark! a rap comes gently to the door,
Jenny, wha kens the meaning o' the same;
Tells how a neebor lad cum o'er the moor,
To do some errands and to convoy her hame.
The wily mother sees the conscious flame
Sparkle in Jenny's e'e, and flush her cheek."

But the mother is pleased soon to find that the young fellow is no wild worthless rake, but a bashful and strapping youth, who at once takes her eye.

"The woman, wi' a woman's wiles, can spy
What makes the youth sae bashfu' and sae grave;
Weel-pleased to think her bairn 's respected like the lave."

But soon—

"The supper crowns the board,
The halesome parritch, chief o' Scotias' food;
The soup their only hawkie* does afford,
That 'yont the hallan† snugly chews her cud.

* * * *

The cheerfu' supper done, wi' serious face,
They, roun' the ingle, form a circle wide;
The sire turns o'er, wi' patriarchal grace,
The big ha' Bible, ance his father's pride."

Well, dear reader, he reads, they sing, they kneel to pray.

"Then homeward all take off their several way;
The youngling cottagers retire to rest;
The parent-pair their secret homage pay,
And proffer up to Heaven the warm request
That He, who stills the raven's clam'rous nest,

* The cow. † Partition.

And decks the lily fair in flow'ry pride,
Would, in the way His wisdom sees the best,
For them and for their little ones provide ;
But, chiefly, in their hearts with grace preside."

* * * * * *

From scenes like these our bard tells us—

. . . "Auld Scotia's grandeur springs,
That makes her lov'd at home, rever'd abroad."

* * * *

For—

"An honest man's the noblest work of God."

CHAPTER II.

BABY'S MORAL TRAINING—DISCIPLINE.

BEFORE advancing a sentence further in this book, there is one little bit of advice which I would wish strongly impressed upon the mind of every *mater familias*, and that is, while seeing to the care and comfort of her children to the very best of her ability, not to forget the husband and father. Yet how often we see this mistake made, and indeed it is sometimes a fatal one; and women who are guilty of it need not be astonished if their husbands seek solace elsewhere, and spend the long winter evenings at their clubs.

In no case, and under no circumstances, should—to use simple metaphor—a father be made to play second fiddle to his children, or to feel himself only third person singular in his own house.

When should discipline begin? The answer to this question is, I think, as follows: discipline cannot commence too early. "Train up a child," says Solomon, "in the way he should go: and when he is old he will not depart from it."

The Scotch have as a proverb the saying: "Thraw* the wannie† when it's green." We might paraphrase this by saying, that if you wish to train a willow into a stately tree

---

* Twist. † A twig of willow.

you must begin when it is but a green withe. There is much truth in this. We cannot change the course of a river unless we commence operations very near to its source.

Mere babies, of say less than a year old, take more notice of things and are more considerative, more contemplative even, than we are ready to believe. Even at this early age, albeit, the tablets of their wee memories are not quite *carte blanche.* They are most impressionable, and whether they misconstrue your actions or not, they in all probability make a note of them for future guidance. At this very early age it would be very wrong to credit them with reason; but mind you, mother, instinct is fully as wonderful in its own way as reason itself.

Are children naturally disobedient?

I fear we must say yes to this question. This word disobedient, however, is rather too hard. They mean no harm. It is mere instinctive selfishness, if I may so phrase it. It is self-preservation in a certain form, and they possess this trait of character in common with the young of all wild animals. If a baby ten months old could speak when it grabs my ivory-handled penknife, conveys it to his mouth and makes a daring attempt to swallow it after the manner of the jugglers, he would say, "I want everything I can lay hold of, everything that is nice and good and pretty, so that neither you nor anyone else may have it; for Nature speaks within me, and tells me I must do everything I can to preserve my own individual life."

But if I take my knife gently, but firmly, away, and let it dangle once more from the chain at my belt, then baby begins to consider. He may grab it again to-morrow—I act as before; but on the third day dawning reason comes into play—or it may be on the fourth or fifth day, according to the amount of grey matter in his little brain. He knows now he must not put the knife into his mouth, and he plays

with it on the chain, and says, "A-goo!"—which being interpreted—signifieth, "This is a jolly knife, old fellow. Wish I was as big as you and had just such another knife hanging from just such another chain. But, bless your heart, my boy, I wouldn't deprive you of it for the world. A-goo!"

This child has learned his first lesson in the discipline of obedience. And it is going to do him real good, too. But you have got to keep on giving him such lessons.

The power of love.

Young as baby is, he is swayed by the power of your love. You are to him not only a mother but a beautiful goddess. Instinct tells him you love him, his manner shows you that he loves you. An unkind look from you, or an angry word startles him, sways him, and swells his heart with grief and emotion far more than a string of such words from a stranger would. Then love him all you please. Not a word shall I say against that, but while gentle, Oh, for mercy's sake, be *firm*. If he cries when refused something that he made a dart or a grab at, and which you properly enough took away, or placed beyond his reach, take but little if any notice. He does not deserve soothing or sympathy for tears like these. If you do soothe him you have made your first grievous error in your boy's training. He'll cry another time for the sake of the soothing to follow.

But if your boy is in pain at any time, love and soothe and sympathise to your motherly heart's content.

About promising.

Your child must learn early to respect you for your truthfulness. Make very few promises then, utter very few threats. Never make a promise you don't mean to keep; never utter a threat in anger. If you have to say, "Harry, I shall punish you if you do so and so," and he still does it, you must either punish him, or abdicate your throne and permit him to

mount and rule king and priest for ever and a day. There is no third way out of it. But if you do as you have promised, or threatened, depend upon it Harry will respect you, knowing your word is law, your threat is certain doom, and he will love you none the less.

Spare the rod.

"Spare the rod and spoil the child," says Solomon. This leads us to the subject of personal chastisement. In my opinion this is absolutely necessary for some children and with some natures, while with others, little hearts would be broken, gentle natures bent and crushed. Correction should never be over severe. Other writers agree with me, I think, though some would go so far as to veto corporal punishment altogether, Solomon or not Solomon.

Says one: "How shortsighted is the parent who resorts to corporal punishment! For a child who is frequently whipped grows up unlovable, nervous, and estranged from those who vainly look for affection and respect from their children in the later years of their lives. There is but one way to do justice to the parent and child, and that is to recognise and rely upon the power of love. If the parent expects his child to obey, not because he asks it, but because it is right, and the parents themselves are obedient to the right, teaching their children by their own example that love alone is the ruling power, such children will be a comfort to all who know them, and they will themselves radiate love and blessing wherever they may go."

Says another: "I believe kind and gentle talk to children is much better than harsh words. You may scold and whip children so much that they won't care for it, for they will expect it anyway. I do not say, or mean, that children should not be corrected at all. But I do say, dear mothers, there are ways to make your children obey without a stick or strap. The worst sight that can ever be seen is a little

child that cannot hold up its head, and talk to a person without being frightened out of its wits. Train a child in the beginning how to do and act, and I know they can be brought up to obey, and am sure they will love their parents much better, and have more feeling for them and much better hearts."

Children's manners.

At as early a date as a child can take notice, he ought to be initiated into the courtesies and urbanities of life. Politeness in a child is so exceedingly graceful and pretty, that I wonder greatly the teaching thereof should be so often neglected. Especially at table should a boy or girl behave properly, but with an easy grace that is quite as becoming in a little one as in a grown-up person. Good manners soon become a kind of second nature, and once taught they are never forgotten.

On this subject the *Christian Globe* had lately some very good advice to vouchsafe in the following words: "There are, says the *Christian Globe*, few portions of household training that are more neglected than the education of children in the habits of eating. In the family it is the easiest thing in the world to grow careless or indulge in various practices not permissible in polite society, but, all the same, these habits are formed, and the children, as a natural consequence, grow up in such ways. It is small wonder that when they find it necessary to go out into the world they are obliged to have a thorough course of training to unlearn the habits of early life.

"The only excuse for this is when the parents are themselves totally ignorant of the proprieties of life. It is a poor comment on bad manners when the young person in response to reproof says: 'We always did so at home.' And no parent should permit it to be possible for the child to cast any such reflection on the guardian of its tender years. It

is comparatively easy, once the habit of discipline is established, to compel the observance of the rules that govern good society. If parents do not know them, they should realize the necessity of learning them before they attempt the training of little children.

"It must be a very unhappy reflection to father and mother when they come to comprehend the fact, that their children are in disgrace because of lack of correct teaching. But this is often the case, and, though children rarely accuse the parents of being the cause of such unpleasant consequences, there are many instances where young people feel it keenly.

"It is unquestionably the fact that a good deal of what is complained of by parents, as neglect on the part of children, comes from the feeling that they have been allowed to grow up in ignorance of many things which they should have known, and have experienced so much annoyance and discomfort on this account that they feel sensitive and sore of spirit in consequence.

"It is natural enough to feel to a certain degree resentment towards those who are the cause of serious unhappiness or social disgrace, and whether it is the parent or someone else seems to make no difference; indeed, the responsibility which attaches to that relationship but increases the discomfiture.

"Social etiquette classes for the mothers of families might be a departure, but they certainly would be a lasting benefit to the rising generation."

This many will say is using strong language, but methinks it is none too strong in considering a subject of so great importance; for in early youth, remember, we have not only to form the body but train the very soul itself.

The gift of imitation.

In common with monkeys and other wild animals most young children possess this gift to a very high degree. But it will be for the welfare of the child and the parents as well if

they take advantage of it, and, while pouring as many precepts as they please into his infant ears, conduct themselves in his presence, as if he were indeed the little critic that his eyes may tell you he pretends to be. Whatever you do be assured he will try to do also. It is the greatest compliment he can pay if you will only believe it, and he will imitate your manner, and by and bye your very words, be they good or bad. For his moral eyes are not yet opened, and he knoweth not good from evil.

If, then, you give your child good advice and neglect to set him a good example at the same time, you are offering him food with one hand and poison with the other. And, depend upon it, it is that other he will choose.

A holy charge.

This child whom God hath given thee, mother, is indeed a holy charge—a great responsibility. Rule him in love by all means, but do remember that thought and care are needed as well. If you do not exercise your judgment and do for the child what you consider best, even should it seem harsh, you, yourself, may live to repent it when his nature is no longer soft and pliable and able to be moulded at will.

A child who is allowed to do as he pleases, to hang as he grew, will develop into a very straggling vine indeed. Like a vine he must be trained in the way he should go, many a useless and evil tendril must be removed, many a twig cut back; but your future reward will indeed be great, if you never get weary in your well-doing.

Spoilt children.

As there is nothing more delightful than a healthy, modest, and retiring child, so is there nothing more hateful than a forward and spoilt one. Children are most often spoilt, I think, from getting too much of their own way, and by being given to understand that everything they say or do is clever. Pride is one of mankind's arch-enemies, it is worse than

the canker worm at the root of a young and flourishing plant, which is bound in time to bring it withered and dead to the earth from which it sprung.

Silence is golden.

Never mind if baby cry while being undressed and bathed for instance. Do your work quietly and keep silence all you can. Depend upon it he will screw up his courage presently and make the best of a bad job, when he sees that his little fit of ill-temper and tears, specially got up for the occasion, has not the slightest effect upon you.

If cross at breakfast, he may be gently punished after you have, in as few words as possible, explained the reason why. Punishment for little delinquencies should never be severe, but it should follow swift and sure if you desire it to have any good or deterrent effect at all.

We ought to make our children as happy and joyful as we possible can, and they will love us all the better for gratifying their little harmless whims. But let us ever be on our guard that such whims lead to no evil result. Poor things, their sorrows are all before them, they ought not, therefore, to be saddened during the morning of life.

It is a good plan to explain every action you perform, that has any bearing on your intercourse with them.

Sympathy and encouragement.

As a child should be punished, so also should he be encouraged and rewarded when he obtains a victory over self. Ah! reader, think how difficult it is for you or for me sometimes, to govern and conquer our own natures although we may wish to do so ever so much.

Sympathy with children gently smooths the road to perfect training. Every child lives in a kind of realm of romance, in a kind of through-the-looking-glass fairy-land. Big as you are, mother, you must just try to gain the little one's sympathy, and creep straight away into fairy-land with him.

The will.

The more perfectly the will is dominated, the happier will the child be, and the more easily managed. But here is a mistake that many mothers make: they permit little faults to go unnoticed on the plea of the child's tender age. This should not be. Gently and firmly baby must be taught that faults are faults, and this at as early an age as he begins to take notice. Letting faults pass unnoticed is like permitting evil weeds to grow. You can root these out very easily at first, but it needs a strong arm to extirpate them when they get older; and even when you think you have torn them up, you may find out some day to your sorrow that you have left a portion of a root in the ground.

"Learn young, learn fair;
Learn auld, learn sair."

That is a Scottish proverb, mother, to which you are heartily welcome.

CHAPTER III.

CHILDREN'S MORAL AND INTELLECTUAL TRAINING.

Exaggerations.

I SPOKE in my last chapter about the folly and evil of encouraging or overlooking little faults under the plea of mere infancy, faults which you may attempt in vain to eradicate when the child is a baby no longer. One fault which should never be allowed to pass unnoticed, is that of untruthfulness in small matters. Exaggeration in telling the truth is twin sister to this habit, and a pair of black and terrible sisters they are. Children too often learn the habit of exaggeration from their parents themselves, but it ought to be checked in the bud, as well as the use of all such adjectives as "terrible," "horrible," "awful." Children, we all know, live perpetually in a land of unrealism, and are very apt to turn all their newts into alligators, but the habit should be gently and firmly corrected in time. It leads to the sin of lying.

Confidence.

We should by every art in our power encourage a child to place confidence in us. If your boy fears you, however, and fears punishment, he will hardly venture to come boldly and confess when he has committed a fault. If he does so, he is a child of promise. But some little punishment should be meted out to him nevertheless. Well, it is soon over, and the boy is light-hearted and cheerful immediately after

But it must be pointed out to him how grieved you would have been had you yourself discovered what he had done, and had he denied it. Sympathise with the child then in his every sorrow and disappointment, and rejoice with him in his happinesses. Let him know you are really and truly his friend, and no ugly cloud will ever rise between you.

Do not snub your child.

There is nothing more distressful to a sensitive child than to be checked or "snubbed," or set back as some call it. Treatment of this kind has broken or chilled the heart of many a budding genius, and caused him to grow up a sour-dispositioned cynic, looking only on the blackest sides of life, when, had he been differently used, and even his crude opinions and thoughts listened to with courtesy, he might have turned out a sunny-minded lad and man, loving every creature around him, and shedding over their souls a portion of the sunlight from his own. Children must and will ask questions; children must and will give opinions. It is for you, mother, to answer their little innocent queries, and to turn their opinions and thoughts into a straighter channel.

Emotional Children.

Children who are too emotional are usually weakly. The mind has certainly a very great influence over the body; but the body to a much larger extent, I believe, sways the mind. This emotional feeling in a child must not be looked upon altogether as a mental, but rather as a bodily ailment. A boy who is emotional and over affectionate when young, is apt to grow up nervous, self-conscious, shy to a degree, and somewhat cowardly, owing to the fact that his finely-strung nature leads him to exaggerate danger, and to look upon clouds upon his life's horizon that are no bigger than a man's hand, as the harbingers of storms that may overwhelm him.

The habit of exciting emotions in children, whether as appeals to their affection or merely by way of impressing them, is one that is to be deprecated. A well-known physician tells us that the stimulation of the emotions in children conduces to dental caries, and spinal troubles. "In my large practice," he continues, "I feel certain that scores are literally killed by the excessive amount of emotional excitement which they are compelled to endure. All this hugging and kissing and talking to them, is to excite in them responses of the same emotional nature for the pleasure and gratification of the parents and friends."

The reading of children that are emotionally inclined should be carefully watched. Far better they should not read at all than that they should grow up towards manhood, with a weakness of mind they may live to be ashamed of.

Such young folks should live almost constantly in the open air. They should be encouraged to take a bath as cold as can be borne every morning. They should be well-fed and warmly clothed, and take daily some food-medicine in the shape of extract of malt and cod-liver oil. But this course of treatment must be begun very early, and continued till the child is well and strong. Exercise, especially that of a pleasurable nature, such as out-door games, have a great tendency to correct the emotional diathesis.

Give praise whenever due.

Says a recent writer: "It is the common fault of mothers who are thoroughly devoted to their children to be more lavish in correcting their faults than in commending their virtues. The praise which comes from the lips of someone we love is not likely to make us vain, but rather gives that self-confidence without which self-respect is hardly possible. The heartache and discouragement which a sensitive girl often feels from petty fault-finding can hardly be appreciated, and what use is all the condemnation and censure unless it

leads the individual to better things another time? If we can so measure our fault-finding and equalise it with commendation for the good things that really are, we are far more likely to benefit the child than by meaningless complaint, which too often carries a painful sting. It is a terrible thing to break down the confidence and faith that youth has in itself. It is natural that the young should be hopeful. It is a part of youth to look forward. Gentle praise from one we love, lightens the burden which each one of us is called on to bear. It smoothes away the discouragement and perplexities from the path. Those men who have been the most powerful agents in progress and good, have been those who believed in men, and who somehow touched the well-springs of their nature, and thereby lifted them to higher things. Those who attempted to influence by fierce denunciation have seldom exerted great power. The divine power of love which always lifts up has ever been the greatest force in all the experience of the world. It is strange how many wise mothers should fail to realize the force of gentleness and kindly praise. Harsh criticism never wounds so deeply as in the hands of a friend."

Passionate Children.

These are sometimes hard to deal with. My own experience is that you cannot repress the fault of anger and outbursts of passion by punishment or by harsh means, and in this I am borne out by many thinking writers. The *Christian Globe* makes the following remarks on this subject:

"If a child imitates quickly, and is very lively, it is most likely inclined to be passionate. It is your duty in such a case to be gentle and firm, and when it is violent to calm it by drawing its attention from the cause of excitement. Scolding, frowning, or strong opposition will only increase its violence; for it will immediately imitate all these

actions. Neither must you laugh or seem amused by its childish rage; but, on the contrary, look gentle and sorrowful. If the child loves you, and it will love you if you have treated it rightly, the expression of your countenance will have a great effect upon it. The faults of passionate children are often confirmed and strengthened by the anger of their parents. I have heard it recommended to allow a child to scream till it is tired, and that thus it will cure itself, but I am sure such a plan only confirms the evil.

"If, on the contrary, the character of a child is silent, and it is slow in noticing or imitating, it will very likely whine and fret. With such a disposition, keep it constantly in action by talking to it, playing with it, and directing its observation to things about it, and, after a while, encourage it, by every means, to find amusement for itself. Such a disposition will require more activity on your part than the quick, lively child, but less watchfulness. It will require to be aroused to exert both its mind and body, while with the active child it will perhaps be necessary to find amusement that will keep it quiet. With all children, however, proper amusement must be found, or they will be either mischievous or stupid."

CHAPTER IV.

COMMON-SENSE ABOUT SUCKLING, WEANING, AND HAND-FEEDING.

AFTER these preliminary remarks about the moral and intellectual training of infants and young children, which, brief and crude though they be, will, I trust, be of some service to the young mother, I must hark back to the very end of the last chapter of my "Wife's Guide to Health and Happiness," * to which the present work is intended as a companion volume.

I finished that book with a sentence which I herein reproduce:—

"*The nostrums of aged matrons, nurses, and midwives may be well enough in their way; but in all cases of doubt or difficulty, especially when panic is present, the family physician is the firmest friend.*"

In the matter of rearing very young children, however, you may tell me that it will not do, neither would it pay to be always running for the doctor, every time the child was suffering from some little infantile disturbance or ailment.

Quite true, mother, and this is the very reason why this book of mine was written. You take the greatest interest of course in your baby's welfare, and love him very dearly. That is the very reason why you should study his health,

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* Published last year by Messrs. Jarrold and Sons, London.

food, and comfort from the scientific standpoint on which I shall try to place you. You will not then be quite so dependent upon the advice given you by women who pretend to know all about babies.

Strangely enough I have seldom met a man who did not seem to know all about horses, and I have still to meet the lady, over forty, who does not profess to know how to treat a baby either in sickness or in health. Old maids or matrons, they are all alike. And they look upon a very young mother as a mere child, who cannot possibly know the least little bit about nursery matters.

No wet nurse.

I presume that the mother herself will suckle her babe, and thus dispense entirely with the services of the wet nurse. For a variety of reasons this is far the better plan. Only while nursing, she must take the greatest care of her own health. She should eat and drink abundantly, but never over eat. I have known many cases of obesity to be engendered while suckling a first child, simply from over-eating; the nurse having made the mother believe that at such a time, she cannot eat or drink too much, nor of too stimulating and nourishing food. This is very erroneous, and ruinous to the health of both babe and mother.

The diet, while you are suckling, should be plain, easy of digestion, and nourishing. That is a law rather than a rule, and if it be disobeyed, your milk will become hot and feverish, and from that time, baby will commence to go downhill. He will become peevish, fretful, have frequent vomitings, and soon be attacked by diarrhœa, and reduced to skin and bone.

While nursing.

While nursing, not only must your diet be carefully regulated, but you must be most careful as to the cleanliness of your own person, and all your surroundings. The cold or tepid

bath should be taken every morning, and the hands, face, and breasts kept most scrupulously clean. Let the bath in the morning be as cold as you can possibly bear it. By using it thus, you are courting not only your own health and happiness, but that of baby's too. For the cold bath is tonic and bracing, and makes the milk sweet and abundant.

Avoid indolence while nursing. Take plenty of out-door exercise. You will thus render your blood fresh and pure, and you will make baby as strong and wholesome as a mountain trout.

But never heat yourself while taking exercise, and keep well within the boundary line of fatigue.

Sleep for the mother.

This is most essential. So avoid late hours. The sleep from ten o'clock up to three in the morning is most refreshing and sound. I may as well state here, though I may repeat the statement in another place, that narcotics and sleeping draughts or soothing syrups, either for yourself or baby, are most dangerous as well as useless. Pray be warned. The quacks who advertise them should be put down by the strong arm of the law, for they are thieves and murderers one and all.

Weakly mothers.

Nursing should not be kept up long enough to weaken the mother. A weakly mother not only ruins her own health irretrievably by long nursing, but causes the child to degenerate into a mere puling, unwholesome, and pitiable creature. Whenever, therefore, the mother begins to suffer from symptoms that point to debility, especially if pale, or complaining of want of appetite, baby should be weaned, and weaned at once too, and thoroughly.

She, herself, must be put on generous diet, with perhaps a glass or two of bitter ale a day, or good stout. I do not say that this is absolutely necessary, but I have known it to

be the means of assisting a woman round the turning point, and putting her on the fair road to health, after which, it may well be dispensed with. Indeed, I should have stimulants of all sorts always looked upon as medicines, and only taken when advised by the doctor. On the other hand, many medical men are far too liberal and rash in prescribing wine, brandy, or stout, and no doubt their generosity in this way has led many a poor soul to drink, and ruined her family.

A course of iron and quinine will now do good, and if the mother be thin, she had better take the extract of malt with cod-liver oil therein.

It is a serious thing for the mother to suckle a child when weakly, but it is a ten times more serious matter for baby. It isn't the mere thinness, or even emaciation either, from which he will probably suffer; but the system of starvation that he has undergone, may not only arrest development, but open the door for diseases which, in mercy it may be hoped, shall carry him off, else he will grow up—such growth as it may be—a poor little sickly invalid, pitied by all, but his life a misery long drawn out.

Additions to baby's food.

It is just about this time, and under such circumstances as I have detailed in the last paragraph, that the wise matron or sagacious old maid comes in and probably advises baby to have a little cow's milk thickened with flour of some kind. Well, if the child be very young, he certainly stands a good chance of being ruined through the possession of too many would-be friends. I cannot tell you too emphatically, that a young baby's food is the rich, nourishing milk from the mother's breast. That and nothing else. If she cannot supply it, and he is under four months, a clean and wholesome wet nurse must be sought for, and her services obtained at once. Only this person the doctor must choose for you.

Or the child may now be brought up by hand or on the bottle as it is called. I shall speak of this method of rearing children presently.

About weaning.

I must tell you to begin with, that you are not to take this step too soon without first consulting your own doctor. Pay no heed to female advisers. And before telling you what to do, the physician will consider the matter well from several standpoints of view.

The first, or milk teeth, you know, begin to appear about the seventh or eighth month, or earlier. This is a hint given by nature that baby will soon need a little stronger nourishment than that supplied by the mother's breast; and if one or two have come, and he is strong and hearty, he may be weaned. Again, if both mother and child are suffering, the one from suckling, the other from drinking the poor sickly milk, the doctor will advise weaning.

There are some children that do not seem to thrive, even though the mother may be strong and well, and able to supply plenty of milk. They may be inclined to rickets, or they may be of the strumous diathesis. Anyhow it would be wrong to wean such a child until the teething is pretty well advanced.

The coming of the teeth mothers should know is a sign that baby's digestive organs have altogether advanced some stages towards higher development, and that the change can be made from milk to flour diet, or rather to a combination of the two, and that he may be weaned with safety.

How to set about it.

Well, under the most favourable circumstances, it will not do to rush matters. Begin to give a little cow's milk, warm of course, slightly sweetened, and with the addition of some of the nutrient foods, recommended by the profession for

babies being weaned. This may be made gradually thicker. Be guided by the health and strength of the sprouting teeth, and as he has more and more of this thickened cow's milk, let him have less and less breast.

The mother's milk will now begin to get more scanty, and soon baby may be weaned entirely.

Note.—It will be well indeed if you succeed in getting the milk daily from the same cow, and if you can know that she is healthy, and in good, sound condition. Usually it is a mixture of the milk of several cows that we find sold in shops, and this will not do for your baby, mother, will it?

Rearing by hand. This is resorted to from the first in cases when the mother, from weakness or some other cause, is unable to suckle the child. The doctor must be the best judge as to whether or not a mother is able satisfactorily to suckle her baby, that is without mischief arising either for him or for her. Great excitability and nervous sensitiveness might veto suckling, so might extreme weakness, and more especially disease.

Now, as regards rearing by hand, the food must be milk from the first, and we want to assimilate it as much as possible to that from the human breast. Cow's milk is slightly acid; human milk, on the other hand, is alkaline. Now this acidity in the milk from the cow is apt to disagree with baby, and cause sickness or even diarrhœa.

To counteract the acidity, it is advised by excellent authorities to add a little of the lime water procurable at all chemists. Remember, it is not a fruit water, as some mothers have imagined, but simply that made by placing pure lime in solution.

You must add to the milk also a proportion of sugar of milk. This latter contains the salts as well as the sugar of milk, so it is just what is wanted.

For very young children, fill the feeding bottle with the following mixture. Fresh cow's milk and hot water, equal parts, a teaspoonful of sugar of milk, and two of lime water. When about five months old, baby will want but a quarter portion of hot water added, three quarters being milk, a little more of the sugar, and double the quantity of lime water. Then when nine months old, the milk should be undiluted, two teaspoonfuls of the sugar, and a tablespoonful of lime water.

Do not give the milk cold by any means, it should be nearly blood heat, say 98° F.

Keep the bottle scrupulously clean, rinsing it out with a little hot water, and a pinch of borax after every drink.

It is well that you should superintend the taking of the milk. Set the baby up erect or half-erect, and see that he does not drink too fast. And when he has finished, take the bottle away, else he will suck and swallow air, and so injure himself.

The feeding bottle.

I have little to say concerning this, but I strongly advise you to get the best and most scientifically constructed you can procure. The common shilling bottles of the shops are about as bad as bad can be in every way.

I have already told you it must be kept exceedingly clean. Most mothers have two, so that one is being thoroughly soaked and freshened while the other is in use. I can highly commend this plan.

Bread sop.

When he is about six to seven months old, the baby, being brought up by hand, will relish something even more nutritious than milk. The crumb of stalish bread should be well boiled in water, or soaked, the water drained off, and hot milk with a little sugar added.

Or the milk may be thickened with a little well-boiled

cornflour, or powder of lentils, or some of the many advertised foods for infants, such as Neave's, etc. The great secret is to let well alone, as Keith of Aberdeen, used to tell his students, and if you find the child is thriving on one kind of food, you had better continue with it.

How often to feed.

All babies want a little food often, say once in every two or three hours, but his digestive powers will be your best guide after all. Baked flour is sometimes given. It is apt, however, to cause constipation. To avoid the costiveness, Appleton advises that it be mixed with oatmeal.

"To avoid," says Appleton, "the constipating effects of baked flour, I have always had mixed, before baking, one part of prepared oatmeal with two parts of flour; this compound I have found both nourishing and regulating to the bowels. One table spoonful of it, mixed with a quarter of a pint of milk, or milk and water, when well boiled, flavoured and sweetened with white sugar, produces a thick, nourishing, and delicious food for infants or invalids. I know of no food, after repeated trials, that can be so strongly recommended by the profession to all mothers in the rearing of their infants, as baked flour and oatmeal."

CHAPTER V.

FEEDING AND FOODS—A WORD ABOUT ALCOHOL

Diet *versus* Medicine.

Some mothers are far too fond of giving baby medicine. Castor oil, syrup of rhubarb, or senna, syrup of buckthorn, and many other nauseous drugs are flown to whenever a child seems to ail. Carbonate of magnesia is mixed with his food, and perhaps a grey powder given to crown all. And these medicines are prescribed entirely by rule of thumb. No wonder the poor babe, with his delicate organisation, feels really bad after being so dosed, and either lies all day like a dead thing, or is fretful, and restless, and hot. If he doesn't go off to sleep at night, like a little lamb, he is very likely dosed further, and an opiate, in the shape of a soothing syrup, thrust down his unhappy little throat.

A wiser rule to lay down for your guidance, mother, is this: never give your child medicine until you have, first and foremost, tried change of diet.

Carbonate of magnesia and dill water are, however, simple medicines enough. In my own family I have always used Woodward's gripe water, because I have taken the trouble to prove to my satisfaction that it contains no opiate.

A diet scale.

The following excerpt is from *The Family Doctor*, a well-known household journal that really seems to fill a niche:

"When the mother gives evidence of indisposition or feebleness, and medical treatment fails to remove it, it is generally desirable to wean the infant at six months old, or even at the end of the first or second month. If the health of the mother and child be fairly good, the child may be nursed till it is nine months old. But if the child is very feeble, or suffering from any disease, it may be well to nurse it to the tenth or eleventh month, if the mother's health is robust, and she continues free from any symptoms of over-lactation. Beyond that time nursing is nearly always productive of serious consequences, both to the mother and child. When weaning is decided upon, the mother should gradually diminish the allowance from the breast, and increase the supply of suitable kinds of food; at length she should suckle the child only once or twice in the twenty-four hours, and otherwise feed the child at proper intervals.

"When weaning is commenced, or when the mother's breast milk requires supplementing, one of the farinaceous foods will be found a most valuable substitute. Every mother has her own opinion as to which is the best. It should be mixed in the proportion stated on each tin with cow's milk of pure and good quality, and given at a uniform temperature—namely, that of maternal milk.

"For a weaned child above nine months old the following arrangement may be adopted:—

"First meal, 7 a.m.—A breakfastcupful of prepared food, prepared as directed on the tin. If the bowels are confined at any time, a rather large proportion of the food, and less of the milk should be used, or the reverse if the bowels are relaxed. Bread and boiled milk may be given for the morning meal.

"Second meal, 10.30 a.m.—A breakfastcupful of milk. A teaspoonful of lime-water may be added when the milk has appeared to produce discomfort.

"Third meal, 2 p.m.—The yolk of one egg, well beaten up in a teacupful of milk.

"Fourth meal, 5.30 p.m.—Same as the first.

"Fifth meal, 8 p.m.—Same as second.

"Or the following may be given with great benefit:—

"First meal, 7 a.m.—A dessertspoonful of pearl barley jelly dissolved in a breakfastcupful of warm milk, and slightly sweetened with loaf sugar, or a small basinful of milk porridge, may constitute the meal.

"Second meal, 10.30 a.m.—A breakfastcupful of milk, to which, if necessary, a teaspoonful of lime-water is added.

"Third meal, 2 p.m.—This may consist of a small egg pudding made as follows:—Beat up one egg with a teaspoonful of flour and sufficient milk to fill a basin rather larger than a teacup; tie the basin and its contents in a cloth, and boil for twenty minutes. It may be taken with a little milk, sugar, or gravy. As the child grows older, more flour may be added. Or the meal may consist of a small teacupful of beef tea (half a pound of meat to the pint), and a rusk or piece of stale bread."

More useful hints on diet.

We cannot have too many hints from well-known authorities on the feeding of young children. The whole future welfare, health, strength, and happiness, may be said to depend upon judicious feeding in early life.

"Porridge forms an excellent meal in constipation, which, a few breakfasts will generally obviate. Wheat-meal may also be prepared in the same way. Where the child can take but little breakfast, a new-laid, uncooked egg, well beaten up, the cup then slowly filled with milk, and the whole sweetened agreeably, and strained, will form a useful preliminary to the ordinary breakfast. To the age of four or five years, this may be given the first thing in the morning, after which the child may, if so disposed, again sleep awhile, and on waking

be encouraged to take its ordinary breakfast. Dinner ought not to be later than two o'clock, and should consist of a little well-made broth, and a slice of bread crumbed into it. When the teeth are sufficiently numerous, the lean of nicely-boiled or roasted mutton or beef (as being the most nourishing and digestible for children), may be given. This ought to be previously cut up quite small, or minced, scraped, or even pounded, then flavoured with salt, and subsequently most thoroughly chewed by the child, who must not be allowed to eat fast, and thus cause digestive derangement, besides waste of food; since so eaten, it is not assimilated, and does not nourish. More than ordinary care is necessary in this particular, children being apt to acquire a habit of rapid eating that is sure to be followed by disturbance, so especially does healthy digestion depend on slow feeding, and thorough trituration (grinding) of the food. Sameness, either as to the kind of food, or the cooking, should be avoided when it can be judiciously, otherwise the tone of the stomach becomes injured. Variety has its uses also in regulating the bowels and other functions. Hares, rabbits, pheasants, partridges, poultry, pigeons, and the more digestible fish, fresh and in small quantities only, may now and then be substituted for meat. The flesh of immature animals—veal, lamb, etc.,—is unfit for children; so are all rich, coarse, indigestible things, as pork, goose, duck, fat and salted meats, which often give rise to sickness, spasm, looseness of the bowels, skin diseases, etc. Rich cakes, pastry, new or heavy bread, and sweetmeats, are objectionable. Vegetables daily in moderation are necessary, not only for variety, but for preventing scurvy and other diseases. The choice, according to season, may be made from potatoes, turnips, cauliflower, broccoli, French beans finely cut, parsnips, carrots, artichokes, asparagus, always fresh, thoroughly

cooked, and seasoned with salt, etc. The use of salt should be especially insisted on, for besides other advantages, it acts as a preventative of worms, to which children are liable. All gristle, skin, splinters of bone, and indigestible portions, must be carefully sought for and removed. Old mealy potatoes, well cooked, carefully washed, and free from lumps, are preferable to new. Aversion for vegetables should be early and steadily discouraged. A child's dinner should always be varied with some kind of nice pudding, as of baked or boiled batter, light suet or rice, the three latter eaten with sugar or salt and a small quantity of butter, gravy, marmalade, jelly, or jam. An exceedingly good, light, and nutritious pudding that most children will like, may be made of rice and milk with a small quantity of salt, the whole covered with a thick layer of finely-chopped suet; then baked nicely brown. This may be eaten with or without sugar or jam, etc. Suet is a most valuable adjunct of food. Suet, or half suet and half lard instead of butter or lard, should be used in making pastry. So also with fruit puddings, which should be well cooked. These may consist of apples, gooseberries, rhubarb, currants, etc."

Hard and fast rules.

To lay down hard and fast rules for the dieting of children would be altogether impossible, and any attempt to do so would only end in confusing the mother.

After the temporary, or milk teeth, have come, baby is no longer an infant in medical parlance, but a child. And a growing child, too, requiring six times as much nitrogenous, or blood-making food, for its weight, as an adult, and three times as much carbonaceous, or heat-producing food.

I do not intend here to go into the chemistry or physiology of food and feeding. It is better to be plain and practical. I may, however, just remind the intelligent mother that

there are two principal kinds of food necessary to support life; one we may call the nutritive, which includes meat of all kinds, game, fish, etc., the other the heat-producing foods, that keep up the warmth of the body, chief among which are fats of all kinds, including butter, and sugars, and starchy food; oatmeal and flour, etc., contain, not only the nutrient, but heat-giving elements. Milk contains all, so do eggs.

When should children eat.

If your boy is healthy and in good form, he will very likely be awake long before you are, mother. Awake and busily investigating everything around him, including, in all probability, your eyes and nostrils. Well, the little rascal will presently be taken away by nursie, perhaps, to be bathed and dressed, and fed, while you try to snatch another forty winks, if your rest has been at all disturbed during the night. And, indeed, a nap of this kind is often the best investment of time that a mother can make.

In Scotland your boy would breakfast about half-past seven, or eight o'clock, on good honest oatmeal porridge and milk; and a bonnie boy in all probability he would be. There is no indiscriminate feeding in Caledonia, I can assure you. Hence the height the men grow to, and I may say the breadth as well; breadth of brain as well as body.

But bread and milk may form your little lad's breakfast, and a very good one too.

The dinner should be not later than twelve, and this ought to vary every day. For next to regularity in time comes variety in the viands. Potatoes nicely mashed, gravy not too fat. Less fat of any kind and less sugar are needed in summer than in winter. A little tender meat, chicken, rabbit or fish, and a portion of green vegetables nicely mashed. To follow this a flour and milk pudding of some sort, and, now and then, a little fruit pie.

The *tea*, as it is called, may be bread and milk, or nicely boiled porridge and milk. Tea, if given at all, should be mostly milk and water.

A light supper, but not of meat. This about eight o'clock, but very young children should be in bed and asleep before this. A morsel of biscuit, or a rusk with a glass of milk, may be given to him, however, before he retires. The child must be taught manners even at his own table, and taught, above all things, to eat slowly.

Vegetables. One has to be careful not only of the quantity, but of the kind and quality of vegetables given to children. Exceedingly well mashed potatoes, stirred with a little salt and a spoonful of cream, until as soft and white as snow, with not a particle to be found in the whole mess as big even as a pea, forms, in itself, an excellent dinner, if eaten with new and wholesome milk. Unripe potatoes, however, should be avoided.

The more tender leaves of the green vegetables, without the midribs, mashed in a little gravy, are much relished; such as young cabbage, kail, etc. So are cauliflower, asparagus, and vegetable marrow without the seed. Turnips are not to be recommended, nor carrots, nor radishes.

Rice is an excellent and most nutrient food.

So too is the meal of lentils and peas.

Animal Food. No child who is allowed too much animal food can be otherwise than gross and unwholesome. Many would be far better if, with the exception of milk and new-laid eggs, animal food never went within their lips.

If it be given, however, let it be tender, juicy, and well cooked. Mutton, chicken, rabbit, and game, if not high. Fish. The only sorts suitable are white fish, with the exception of plaice and salmon, and fried fresh herrings. Puddings, if not too heavy, are excellent. Plain suet pudding is probably the best of all.

Fruit had better be always cooked in some way. Then there is less chance of its disagreeing. Fruit must be eaten fresh. It should just be ripe and no more, and certainly not unripe.

Bottled and dried fruits are best avoided unless cooked.

Nuts can only be digested by older children.

Drink. Water is the king of drinks. In summer you may let the child have a modicum of lime juice, or some nicely flavoured *pure* fruit syrup in it. Country people should always make their own raspberry vinegar.

Toast-and-water is a good drink. So, for older children, is butter-milk and whey.

Coffee and tea, if given at all, should be very weak and well mixed with nice hot milk.

There is something else that all children's food ought to be mixed with, namely, common sense. "One man's meat is another man's poison," is a proverb that applies to young folks' diet as much as to that of their elders.

Alcohol.

I cannot close this chapter without a word about vinous, or alcoholic stimulants. They are seldom, if ever, necessary. If people who give tastes of beer, wine, or even spirits, to their children only knew the amount of mischief they are possibly creating, they would fling glass and all behind the fire.

Alcohol given in the smallest quantity in childhood may —oh, horrible thought!—sow the seeds of intemperance in their brains and nervous systems, and black, indeed, will then be the harvest to be reaped in after life.

But I should add that strong tea, and even coffee, will intoxicate a child, and cause it to be peevish and fretful when the effects wear off.

CHAPTER VI.

THE SKIN AND ITS USES. MRS. JONES'S PARAFFIN LAMP.

I HAVE written so much about the skin and all its many and varied functions, in my books,* and in magazine articles, that it is only because I know I shall have many fresh readers, that I care to refer to this subject once more.

It has been to me a lifetime's regret, that the simple elements of anatomy and physiology are not taught with care at our Board Schools. Even the boys and girls of the fourth standard are not too young to learn these.

Well, if Physiology had been taught in schools about twenty years, or even fifteen years ago, the probability is that I should not in this chapter require to say one word about the functions of the skin.

The whole process of blood-making and nutrition may be described in a few sentences. The blood, all mothers ought to know, is formed from the food, and the purer and more nutritious that is, the sweeter and richer will the blood be.

Received into the mouth then, the first process of digestion, and even assimilation, commences. For the various

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* *Vide* "Girl's Book of Health and Beauty," "Boys' Book of Health and Strength," "Health and Sickness," "Wife's Guide to Health and Happiness," "A.B.C. Guide to Health," etc., etc.

glands in the cheeks and under the tongue, pour the saliva into the mouth while the food is being triturated by the teeth. The saliva does not only moisten the food and render it fit for swallowing, but, from the salts it contains, it exerts a special influence on it, and thus prepares it for being acted upon by the stomach. Sugar and even salt find their way directly into the blood through the walls of the very tiny blood-vessels or capillaries of the mouth and stomach. But in this latter organ, the bulk of the food is moved about in all directions, and mixed with the strong, healthy gastric juice, and thus thoroughly dissolved, when it presents the appearance of a greyish or darkish coloured cream, called chyme.

Let us follow this chyme. A door, let us call it, at the bottom of the stomach opens now and lets it pass out into the intestinal portion of the digestive canal, where it is almost immediately met and mixed with the bile from the liver and the pancreatic juice. The pancreas is called the sweet-bread in the sheep. I need hardly specify its uses, but suffice it to say that the best part of the food is now changed into a whitish milky fluid, called chyle. Well, all along the smaller intestines are lined with a pile-like velvet, every loop of which has its blood-vessels and its absorbents. It is to these absorbents I wish to draw the mother's attention. For the milk-like chyle finds its way into these, is sucked up by them you might say. The absorbents are just like exceedingly minute blood-vessels, and after they get away from the digestive canal, they go on joining and joining, thus getting larger and larger, until they end in one largish duct, called the thoracic, which, inside the body, passes upwards in front of the spine, and opens directly into a very large vein at the bottom of the neck. Here it discharges its milky contents, which, mingling in the general current of the blood, are carried to the heart. The heart

pumps it out to the lungs, where it is purified by the air we breathe, and goes back red and beautiful to the heart. And once more this great muscular organ pumps it away to every portion of the body, and every organ thereof, to feed and to revivify them. The waste material is carried back to the heart by the veins, and re-pumped into the lungs, to be once again made pure and red. All arterial blood is red because it is pure, all venous blood is dark because loaded with carbon. You may notice by looking at the back of your hand how dark the veins are. This carbon is burned off by contact with the pure air breathed, and heat is the result.

Now from what I have already said, we may learn a lesson or two. First, that if the food be not well masticated and mingled with the saliva it will not digest easily. Secondly, that if the food be not good neither will the blood be. Thirdly, that as we have but one thoracic duct to carry up the milky or *best* portion of the food, and as it is but of small size, and cannot well be stretched, if we eat too much food, it cannot be taken up. It is useless. Yes, but not harmless, it does much mischief in the lower bowels, causing fermentation, flatulence, and feverish diarrhœa. It is this, indeed, that so often causes such restless nights, starting in the sleep, and horrid nightmares in the young.

But from what takes place in the lungs another lesson is to be learned. I said that the venous blood was darkened with waste materials from the tissues, in the form of carbon. Now the air we breathe is made up of two gases mixed together, oxygen and nitrogen. The last is merely a diluent, as we could not breathe pure oxygen for any length of time. To use an Irish bull, we should live so fast that we should die. Well now, the carbon of the blood combines chemically with the oxygen of the air and forms carbonic acid gas, with the evolution, as I have already said, of heat. It

is this gas that we expire, and unmingled with the air, it is one of the heaviest and most deadly gases in the world. It is the after-damp of mines, and it is the foul air of old wells, which puts candles, lowered into them, out, and would just as quickly extinguish the life of a man who ventured down. Moreover, it is this carbonic acid gas which we expire, that renders badly ventilated bedrooms so injurious to the health.

Presently, I will give a brief illustration of the bad effects of impure air in rooms and the rationalé thereof, but first about the skin. You see it is like this: although the lungs do quite a deal to rid the body of waste and effete matter, which if retained would poison the blood and render us ill, it does not do everything. But the liver assists, and next the kidneys, and lastly the skin.

The skin's uses may be enumerated as follows. 1.—It is a covering to the whole body. 2.—It is the organ of touch. It tells us of danger by getting chilly and contracted if we sit in a draught. 3.—It is the great regulator of heat, for if it were not for the evaporation going on constantly from our bodies, in summer, we should burn up with heat. 4.—It is an absorbent. 5.—It is to some extent, an organ of respiration; and 6.—If it is in good working order, it assists to a very great extent, in keeping the blood pure by means of the sweat glands, which pour through the pores an amount of fluid during the twenty-four hours, which to some may appear incredible.

"The amount of fluid," says a well-known physiologist, "exhaled from the skin and lungs in twenty-four hours averages about three to four pounds. And," he adds, "there is good reason to believe that this excretion is of the greatest importance in carrying off certain substances that would prove injurious if allowed to remain in the blood."

And now for my little story, which is simplicity itself, but points a moral. I call it,

MRS. JONES'S PARAFFIN LAMP.

I am supposed to be visiting a humble patient.

"May I leave the door open for just five minutes? And the window too, you say, if I choose? Thank you, Mrs. Jones. I shall take you at your word, There! Did you ever hear tell of the doctor's fan? No? Well, I will show you the working of it. Your window is now open, and there is a large amount of air in the room, which I am not going to be impolite enough to call 'foul,' but which has been breathed over and over again, and is consequently unfit to carry on in a proper manner the aëration of the blood, that is spread out in the lungs—well, in simpler language—unfit to breathe. Now, I want to dislodge this air as quickly as possible, and substitute fresh. I can do this in two minutes with the doctor's fan. Observe the window, which at your earnest entreaty, I have just opened——"

"I didn't *entreat* you, doctor, if it comes to that."

"Be quiet a moment, Mrs. Jones, please, and don't interrupt. The window, I was going to say, is right opposite the door; well, you see, I open this door and move it rapidly backwards and forwards on its hinges thus, and thus, and thus. It is acting now like a big perpendicular punkah, and positively sucking the air out of the room, while the fresh cool breeze from out of doors rushes in to take its place, fifty-seven, fifty-eight, fifty-nine, sixty. I have moved the doctor's fan sixty times in two minutes, and now I close the door and sit down.

"Now how are you? Rather queer all over, not much appetite? Eh? What kind of a tongue do you carry?

Thanks. Pale and flabby. Well, Mrs. Jones, your lungs, heart, liver, etc., are all right, only weakly; you have no internal or external disease. You are merely suffering from impurity of blood, caused by the unwholesome air you breathe. Do you know that I can never come into this room without feeling like a fish in muddy water. A trout in a very muddy stream, you know, may be seen popping its nose out of the water because it is stifling under it. I should die in a month if I were confined here, but you sit with your nose over your work, and seldom, if ever, think of opening your window, and then you wonder you feel queer all over, as you express it, and keep pestering me to give you tonics.

"No, I'm not scolding you. I may have looked cross as I spoke, but it was principally because I was thinking of the thousands of other thoughtless men and women, who work in stifling, airless rooms, just as you do: tailors, bootmakers, seamstresses, and a hundred other sorts of tradesfolks. It is bad enough by day, but it is far worse at night; for some have the gas burning and flaring beside them, as you have this paraffin lamp, and apart from the health-deteriorating fumes given off by the light, a large flame of gas or petroleum will consume as much air as a human being would.

"You know, Mrs. Jones, that the atmosphere we breathe is composed, roughly speaking, of two gases, called by chemists, oxygen and nitrogen. The nitrogen is simply there for the purpose of dilution. If we breathed pure oxygen, we should live too fast and soon run down, like a watch without a hairspring. Why must we breathe? Many people never think of a common-sense answer to that question. You see, the bright arterial blood that is pumped by the heart away and away to the remotest parts of the body to feed muscle, bone, and nerve, takes up the

venous system, all the old thrown-off products, so that instead of being red now, it returns to the heart through the veins quite dark in colour, because it is laden with carbon. Well, another portion of the heart pumps it straight away to be spread out in the lungs, and there it meets and absorbs the oxygen of the breathed air. And what happens then to the carbon? Why, a chemical union takes place, for that carbon—call it soot, if you like—which darkens the venous blood, having united with the oxygen, is changed into carbonic acid gas, and so exhaled. The blood is turned red once more, and goes rushing away to the heart to be once again pumped out to nourish the body. Well, I want you to bear in mind that the exhaled breath, or carbonic acid, is *poison.* Well, then, if in large quantities it kills, so *in smaller it injures the health slowly, but surely.* You have only a certain amount of oxygen in a small unventilated room, in a few hours it becomes quite vitiated with the poisonous carbonic acid gas, and I ask you, Mrs. Jones, is it possible, therefore, that you can be healthy, breathing this poison? But this is not all, for the absence of the oxygen in the breathed air results in only half purified blood, so that in reality, I am right in saying you are only half alive.

"Now look, I have turned down your paraffin lamp and blown it out. Just sit in the dark a minute until the glass is cool. Now, I can lift it off, and I relight the wick. See, how it smokes, Mrs. Jones. But, see again, I have put on the glass and the smoke is gone, but if I hold this book partially over the top it smokes once more. The explanation is this: When I place the glass over the smoking flame the heated air ascends the glass chimney, and an extra strong current of air is drawn up from the bottom. The oxygen of this air immediately combines with the smoke or carbon, precisely as it does in your lungs, and

carbonic acid gas is formed and finds vent through the chimney top. From the chemical action heat is evolved at the same time. If, however, I place this book close down over the top of the chimney, lo! the smoke is no longer burned off, and the flame goes out, positively killed by its own impurities, just as the carbon in your blood would kill you instantly, if you were deprived of air to burn it off. Surely, we are, indeed, fearfully and wonderfully made."

CHAPTER VII.

HINTS ABOUT RATIONAL CLOTHING.

If the skin, therefore, be of such vast importance, in the animal economy, it is evident that if we would have healthy, hearty children, we must see that its action is efficiently maintained. The skin must, first and foremost, be kept perfectly clean ; and, secondly, its warmth must be kept up ; that is, its temperature ought to be as nearly even as possible day and night. In the next chapter I will speak of the bath and ablution, in this I have something to tell you about clothing.

Weight not warmth.

Many mothers make a great and cruel mistake in imagining that weight is warmth. It is nothing of the sort. You may load a child with clothing, until he is scarcely able to get about, and fail after all in maintaining a correct bodily temperature. A few articles of dress, or clothing, whether by day or by night, if well chosen, are better far than any amount composed of the wrong material.

In clothing a child, it is its comfort you must bear in mind first and foremost. The dress must be easy, comfortable, sufficiently warm and protective. After that you may study effect if you please, or let it go to the wall. Your boy won't mind. He is happy.

In the bassinette.

Infants in their bassinettes, more particularly those of the rich, or well-to-do, are often greatly to be pitied. I do not

wonder that such babies grow languidly up to youth and manhood mere "mashers" and simpletons without bone, sinew, or muscle worth the name, and with just as little mind, or brain power. Had they been treated on a different plan, while in their bassinettes and nursery, they might have matured into men. But just enter this little boudoir for a moment with me and see. It is sketched from the life. It is a charmingly-furnished room, and is called "Baby's own boudoir." The furniture is neat and appropriate; there are brackets, vases, and mirrors everywhere; the carpet is soft and yielding; there are flowers all about, and a profusion of embroidered curtains and lace. A dim-religious kind of light pervades this sanctum, and a rich, warm odour that reminds you of an orangery in bloom. And the centre of this pretty picture is baby, asleep in his strangely artistic little cot. But you scarce can see his face for ruffles and lace, he is framed if he isn't glazed, and a gauzy veil is lightly spread above his face, lest a fly, or aggressive midge even, should dare disturb his slumbers.

There is very little air in the room. It is as close as it is warm, and really a perfume-poisoned atmosphere. Bend down and look at baby. How white he is. The one little fist which he has managed to get clear of his wraps is as white as the snow. Touch his cheek, it is soft, and flabby, and damp with sweat. No wonder his face twitches now and then, or that he moves uneasily in his fevered sleep, and sighs, or moans. I place my tell-tale thermometer for a moment in his mouth. His temperature is higher than it ought to be. That beautiful baby is being slowly done to death!

Open the window. Higher, higher, generously wide, not a scrubby inch or two. Fling away that piece of gauze, take off half the bed-wraps. Drag the cradle near to the window, so that the cool and gentle breeze may fan his brow. List to that sigh of relief; see the red blood gently flush both

cheeks and lips; behold the smile that curves around the rose-bud mouth. And now the temperature is already lowered, and baby sleeps as angels sleep, if sleep they ever do.

Dolls, or show children.

Many mothers, especially those who are very young and probably well-to-do, make veritable dolls, or show children of their babies. Perhaps the little one, like many young infants, has a sweet little face of his own, with the brightest and healthiest of eyes and flaxen hair. Well, the mother, for pure selfishness—call it love if you like, but I give it the right name—determines that this boy of hers shall develop, or rather degenerate, into a doll child. His hair is permitted to grow long—a most absurd and unhealthful custom, for even girls' hair should be kept short when young—and he is dressed in a way that makes the poor child a laughing-stock to every other boy of his own age. Worse than all, comfort is sacrificed to the absurdity of fashion, and health jeopardised that the unhappy little fellow may look nice, as an embryo pirate king, or a suckling Highland chieftain. The chances are that young Roland takes the croup, or pneumonia, and one forenoon there is a wee mite of a coffin, half buried in flowers, to be carried away to the lonesome churchyard. Another victim sacrificed on folly's shrine.

Children and cold.

Babies must be kept warm, but never to the sweating point, else debility steps in hand in hand with diarrhœa, perhaps, and there is an end. Avoid complication. Have everything neatly fitting, and warm, but not necessarily expensive. Cleanliness is most important, therefore easily soiled garments should be avoided.

Here, at this moment, arrives at my gate a pony chaise. In it, with mother and nurse, is one of the pampered, spoiled,

long-haired children I have just been mentioning. His neck, and arms, and knees are bare—and *blue*, for it is a chill October morning.

I remonstrate with the mother.

"Come, doctor," she says, "what about your Scotch children?"

"The Scotch children," I reply, "are a different race; as different from yours as heather is from candy-tuft. But if they do dress lightly, they do not, as a rule, ride in carriages, and so can run about and keep themselves warm."

The infant and the child.

You will perceive that I am altogether against dressing boys as dolls; or girls either, for that matter. I repeat, that as long as your boy is a mere infant protect him well from the cold with warm flannels, but with nothing heavy. Let both infant and child wear flannel next the skin. Remember that the fresh air in a room tends to keep up the animal heat, while a stuffy room depresses the powers of life and causes the skin to shrivel and become "goosey" and cold.

Shortening the clothes of children, or babies, should only be done in fine weather.

When this operation is performed, when the boy is kilted, he must be well protected according to the weather. He is a child now, but must neither be hardened by going half naked, nor molly-coddled with too much clothing. What a grand old motto that is, "*In mediis tutissimus ibis.*" In clothing your children, therefore, always manage to steer the middle course, where alone safety is to be found.

Winter clothing of children.

Hear what a recent writer says, and it is sensible: "It is a favourite maxim with city mothers that children are warmer-blooded, and need less clothing, than adults. Especially is this held true of babies and girls. Boys are warmly protected by cloth leggings, kilt suits, and stout shoes, while their little

sisters defy the winter wind in bare knees and embroidered skirts. There is a poetic fancy, too, that girls should be kept in white up to a certain age. A dozen little girls, of from three to five, were assembled the other day, and the universal dress was an undervest and drawers of merino, a single embroidered flannel petticoat, and an incumbent airy mass of muslin, ribbons, and lace. Meanwhile, their mothers, women of culture and ordinary intelligence, were wrapped in heavy woollens, silks, and furs. In consequence of this under-dressing, young children are kept housed, except on very warm days, or when they are driven out in close carriages, and therefore a chance cold wind brings to these tender hothouse flowers, instead of health, disease and death. It is absolute folly to try to make a child hardy by cruel exposure, or to protect it from croup or pneumonia by a string of amber beads, or by shutting it up in furnace-heated houses. Lay away its muslin frills until June; put woollen stockings on its legs, flannel (not half-cotton woven vests) on its body, and velvet, silk, merino—whatever you choose, or can afford—on top of that, tie on a snug little hood, and turn the baby out every winter's day (unless the wind be from the north-east and the air foggy), and before spring its bright eyes and rosy cheeks will give it a different beauty from any pure robes of white."

The feet and neck.

The feet cannot be kept too comfortable and warm, short of altogether causing them to perspire. It is a singular thing that among the peasantry of the north of Scotland corns are almost unknown, and I attribute the immunity they enjoy to the habit the children have of running about barefooted during the summer months. This custom is but little likely to become fashionable among the upper ten of south Britain; but they may avoid the other extreme, and not cause their children's feet to become sodden with hot sweat.

Some advise cork soles and woollen soles inside the shoes. This is unsafe and renders the feet tender and liable to both corns and bunions, to say nothing of chilblains. Let the boots be light in summer, stronger and heavier in winter, and the socks or stockings at all times soft and warm.

The neck should be as hardy as the face. So do not muffle it up. But if the child be going out on a cold day, place a light woollen, or silken, wrap around the throat, especially if he is to ride in his perambulator, or mail cart.

Stays and tight-lacing.

Stays should be very loose and comfortable, even after a girl has reached the age of puberty. Set your foot down in time on the evil habit of tight-lacing. Nothing shows the cloven hoof of pride in a girl more than taking to tight-lacing early, and it is a pride that I am sorry to say in a large percentage of cases goes before a fall.

I'm not a Mother Grundy. Do not imagine that. And I uphold well-made corsets so long as they merely give a gentle support to the spine and internal economy, without in the slightest degree altering the shape of the body, or displacing vital organs such as the liver, kidneys, lungs, and heart.

Bed-clothing for health.

Your child, if he is to grow up healthy, should never sleep in the clothes he has worn all day. Let him strip, and whether he has a bath or not the feet and hands and face should be washed, and the body rubbed down with a soft towel before the nightdress is put on. The bed should be a mattress. Featherbeds are abominations. Let no more bedclothes be worn, winter or summer, than suffice to keep up the natural warmth of the body.

The nightdress should either be silk or light woollen material. There will thus be less chance of catching cold,

if the child, in tossing about, should throw off the bed-clothing.

Colour in clothing.

For summer wear, the clothes should be light in colour. For winter, darker.

But what I more particularly want to remark in this paragraph is, that the mother should fight shy of the many-coloured flannels that are so much met with in the market. For wearing next the skin, I mean. I really have my doubts whether some of the dye-stuffs used in giving pretty colours to these may not be absolutely poisonous. And the skin, you know, is capable of absorbing poison. So beware of them.

CHAPTER VIII.

THE CHILDREN'S BATH.

Baby in the bath.

If you have not read the remarks I made on the skin and its uses, or if you have merely skimmed that chapter over, I beg of you to hark back and read it more carefully.

I think it most essential to present and future health that baby's bath should positively become an institution. A duly-acting skin is of the greatest importance, in enabling the kidneys and liver to perform their functions aright. And from the very earliest age too much work should not be thrown upon these organs, else they may become prematurely weakened and the results be dire.

I need not be grandmotherly and tell you how to wash the baby for the first time. That any nurse worth the name can easily do.

But baby's bath should be given every morning, nice and warm. You cannot dispense with a bath thermometer. Your fingers are not correct judges of temperature. Let the water be about 97° Fahrenheit, and use a nice perfect soap, such as Pears' or Lanoline. Don't rub him too hard, nor need he stay long in the tub. If the weather be inclement, place the bath before the fire, but not too close. A little barrel makes the best bath, so that the child can stand and stamp in it, with the water up to his shoulders. Warm his flannels before you put them on, but see that you dry the

body thoroughly, first and foremost. If you give a bath also before going to bed, he will sleep like a top. Only, beware of keeping him too warm in bed after it. If you do you will have soft flesh and dangerously open pores. From this very cause thousands of children catch their deaths every year.

The towelling of baby. It isn't only the actual drying that you are to attend to with the soft bath towel, but there ought to be brisk rubbing and patting. Indeed this towelling process is a sort of gentle massage, and, if properly performed, has a wonderful effect in strengthening the muscles and making the boy firm and hard.

Dust any red or excoriated parts well with violet powder *after* the skin is thoroughly dried.

Perfect ablution. The bath should cleanse every part of the body thoroughly; ears, eyes, nose, and scalp, all should be seen to. Scurf is apt to form in the scalp. This is often occasioned by using a bad soap and not washing or rinsing the head with lukewarm water. Keep the hair short—very—if you would have the skull wholesome, clean, and cool, and wash once a week, either with some such soap as Lanoline, or with the yolk of an egg. This must, of course, be afterwards well rinsed out.

Do not dab any grease, like hair oil, on the child's head. A little borax, or boraxaline in the water will do good, however.

The bath and nervousness. Some children are naturally peevish and sleepless. This is really due to a species of nervousness. We should feed on the best of milk food and other nourishing aliment, and let the child be as much as possible in the open air. At the same time the warm bath every night will serve to draw the blood

from the nerve centres and calm the system thoroughly. Gentle sleep will be the result, and this is more likely to do good than anything I know of.

But the warm bath may be had recourse to at other times than morning and evening. If the child is very feverish, for example, or in great pain, nothing can be more soothing. In convulsions it is the sheet anchor until the doctor comes, as it also is in cases of spasmodic pain, etc.

As the child gets older.

As the child gets older he will come to love his bath, that is, if taken with the greatest regularity. And by-and-bye the evening bath may be omitted, and the morning become quite tepid, and in the summer time cold altogether. Taken cold it is ever so much more bracing. At the same time, previous to going into the sponge bath, he should be taught to wash himself all over briskly and quickly with a little hot water and good soap. The hot water is poured into the basin for him, and a minute should be long enough for the operation. Then another minute or two for the cold sponge. A good rub down, and a run out of doors for ten minutes, will make him have an appetite for breakfast like that of a little hunter.

Let me implore you, mother, to teach your boys and girls habits of propriety while having their bath. Innocence is all very well in its way, but they should never be encouraged to run about the room like Grecian statues. Want of shame is bred by their so doing, and at the seaside, in summer, it blossoms and grows. Indeed the scenes one witnesses every season on our English beaches would shame the darkies.

Other doctors.

It is but fair to tell you, reader, that many doctors recommend the bath to be taken only once a day, in the morning. I think it does good twice a day up to the age of a year and

a half. Then have it only in the morning. Doctors differ on other matters. For instance, in scurfy hair some recommend the tooth comb to be used. It is my humble opinion that a rasping business like this is much more apt to produce scurf than to cure. The brush is sufficient, and a weak solution of Californian borax may be used to damp the hair withal. But even the brush should not be too hard, though I know many medical men say it ought to be in order to stimulate the roots of the hair. Yes, and perhaps your boy will wag a beautiful bald head before he is eight-and-twenty.

The covering for the head ought to be a hat, not, certainly, a close-fitting tweed cap, which I believe is very apt to cause the hair to fall out. The head should always be kept cool; the chest, stomach, bowels and feet warm. A boy should run about without any head covering unless the sun be shining too strongly.

Sea-salt.

This is often recommended by medical men. I use it in my own bath every day. I simply throw in a couple of handfuls the night before, and it is dissolved by next morning.

"By the sad sea wave."

That is what the poets call it, you know. But poetry apart, there is a deal of good comes to our children from a month or six weeks spent at some well-chosen watering place.

The mother ought to find out, first and foremost, what particular town on the coast is likely to suit herself and children most. If they needed bracing up, for example, she would hardly go to a place like Bournemouth; but if they were suffering from incipient chest complaint or chronic colds this would just be the spot to visit.

The family doctor, however, is about the best man to consult before making up one's mind, and choosing a temporary home.

Simple rules.

The following simple rules for enjoying a sea-side holiday for yourself and children may serve some useful purpose.

1. Pack things, or begin to pack them, a good week beforehand, so that nothing of importance may be forgotten, and hurry and excitement avoided.

2. It is best to stay for the first night at a hotel, and look for rooms next forenoon. Be sure these are quiet and clean, and that no case of sickness has lately left them. Through neglecting this precaution many a mother, going down to the seaside for rest and health, has had to bury her child.

3. A quiet street should be chosen.

4. Get your children out of bed early in the morning bathed and dressed, and sent out for a ten minutes' walk or run before breakfast, you, yourself, going too. Ten minutes will be long enough, and if half a glass of milk be drunk before going out all the better.

5. Let everything be done with the greatest regularity as regards time.

6. Avoid excitement yourself and do not let your children run wild altogether. But let them walk, and dig, and paddle. You, yourself, may sit on the beach, and build castles in the air, while they build castles on the sand. The one sort will be about as substantial as the other.

7. Let the bairns have goat-carriage exercise, and donkey riding, and just all the reasonable fun and enjoyment you can afford them.

8. About two hours after breakfast they may have a dip in the sea, you, yourself, taking charge of them.

9. They are not to stay in over ten minutes, and should be active all the time.

10. Beware of terrorising them. It is a good plan to tell them you will teach them to swim, like little froggies.

This will give interest. Anyhow, all children in this country should know how to swim.

11. The bath should be taken at the same hour day after day.

12. The body should be warm though children should not be bathed while perspiring profusely.

13. Walk to the bathing place and walk home.

14. A biscuit may be eaten after the bath, and a glass of lemonade, or lime juice water, drank.

15. A mid-day dinner, afternoon tea, light supper, and early to bed.

If you obey these little rules your children will thrive, and come home hard, and brown, and happy, with plenty to talk about for months to come.

CHAPTER IX.

PUNY CHILDREN; OR, THE LITTLE MISSES MISERABLE.

I MEET some of them wherever I go. There is one of them in every third or fourth family, just as there is always one tiny piggie in every litter. Pray pardon the strange comparison, reader, for no offence is meant, I do assure you. And besides, are you aware that the one tiny piggie in the litter, although it is puny enough in body, is invariably the cleverest piggie of the lot? Having been raised in the country, I have often had a chance of verifying this statement. I have also had many queer pets in my time, and occasionally, I have had a piggie as a pet. My father has said to me, "You can have the little piggie, boy; see if you can make something of it." And I have ever found my wee piggie highly intelligent, very affectionate, a trifle nervous at times, but willing to learn and to make itself generally useful, as one might say. If I only told you one-half that all my little piggies did, and were taught, you would be very much astonished. But as this is not a chapter on little piggies, I must not waste my valuable space in any such way. Only, if ever you are inclined to make a pet of a piggie, just choose the smallest in the litter, feed it well, wash it very frequently, give it the driest of straw, and let it follow you about, as her little lamb followed Mary, and you shall see what you shall see.

"Do you think," I heard a father say one day to a mother, "we shall ever be able to make anything of her?"

"I fear," was the mother's reply, "she will never make old bones."

The particular SHE referred to was a little girl, who at that moment was squatting on the nursery floor, quite oblivious of the remarks that were being made about her, her whole soul being for the time wrapped up in the dressing of a very dowdy rag doll. The rag doll was going to a rag-doll ball that evening, and of course it was of the highest importance that she should wear a becoming costume. Little Buttons—for that was the child's nursery name—did not seem to care a pin whether anything could ever be made of her or not, or whether or not she should ever make old bones. Presently, she held aloft the dowdy doll, and eyed it very critically indeed.

"I like to see my chillun 'spectably dressed," she said, talking more to herself than to anybody near her. Buttons was a woe-begone-looking wee mouse, with pale, rather thin face, and eyes about three sizes too big for her. Her hands and legs were thin as well as her face, and she was altogether ethereal. But a look of extreme intelligence beamed in her countenance and marked her every movement.

"I think," said the father, presently, "that poor little Buttons is far too clever to live long."

The child looked up from her work now as if she had quite understood the remark, which perhaps she had.

"Oh, bless oo, daddy," she said with extreme *sang froid*, "Buttons is going to live till oo is tired of her!"

"May heaven grant it," said the father, with something like moisture in his eyes.

Buttons proceeded leisurely with the dressing of her doll, and nothing more was said on the subject for the time. It is funny, perhaps, that a little Miss Miserable like Buttons generally manages to make herself a favourite, and be very much beloved in a family, partly, no doubt, because pity is akin to love, and because such children are usually original and amusing in their remarks.

I never found out what became of Buttons, else I should tell you a little more of her story; but there are so many of these Buttonses about, that I may be doing good to some, and pleasing some of our grown-up readers, if I give a few hints about the proper way of rearing delicate children of this sort.

First, then, it should be remembered that they are really fragile and tender from their birth; that their little hearts are weak, flabby, and small; and that their digestions are very far indeed from being strong. Overfeeding would assuredly kill such bairns, just as you might kill a fragile pot-plant by deluging it with too much water. I am not sure even if the favourite motto of "Little and often," holds true in such cases. But, I am sure enough, on the other hand, that the constant giving of too strong food of any sort is very deleterious, and causes indigestion. But a weakly child should always be allowed to eat whenever she is hungry, even if it does spoil her appetite for the next meal. I am convinced that one-half of the children of the Miss Miserable class are killed by kindness and ignorance combined. They are too often fed upon the forcing system, which, instead of causing them to grow up stronger, makes them every day more weakly, and which either impoverishes the blood, or renders it grossly impure. Now, feeding, in the case of delicate children, is of the very first importance. I will presume that the reader's little one has cut her temporary teeth, and that

she has been fed hitherto principally on milk. This is of course the correct diet for young infants. But having got those tiny teeth, it is time she had something to practise them on. Therefore, though the milk diet is not to be wholly discontinued, she must have an allowance of animal food. We generally advise an interval of four hours between meals, although in the case of the weakly something *may* be given between meals if the child craves for it—but *not otherwise*.

Now, supposing that Miss Miserable has been put early to bed, and has had a good night's rest, she ought to be all alive and literally kicking by seven or half-past in the morning. Do not feed her in bed, however. Breakfast in bed is good for no one who is able to get up. Let her be bathed and dressed, therefore. She will thus have a far better appetite for her first meal. What should this consist of? Well, there is nothing for English children to beat bread and milk, so long as it agrees. But of course there is porridge to fall back upon, and this is even more nourishing—if it can be borne—than sops of bread and milk. I am correct, I believe, in stating that all our royal children are fed on well-made porridge, and they are all healthy and bonnie. Besides, porridge is slightly laxative. But too much care cannot be bestowed in the making of it. The meal must be fresh and new. Taste it to make sure it has no warm flavour, or "nip," which would indicate the presence of a mite. Place the saucepan over a very clear fire and add a little salt to the water; as soon as the water comes to the boil begin to "meal in," stirring as you do so till the porridge is of fairly thick consistency; then let it boil for five minutes—not one moment longer unless the meal be the round rough sort; but that should never be used—it should always be the medium. This is the only proper good way to

make porridge, and it cannot be too well known that long boiling, in the case of the medium oatmeal, renders the mess slimy and unpalatable, as well as indigestible. Having made the porridge, be sure to let it cool; if eaten hot it often produces dire sickness. Let it be cooled, therefore, and then eaten with nice creamy milk. Pray do not pour the milk over the porridge. Such a mess is hardly fit for a sick puppy. Let the child sip the porridge with a spoon, and take a mouthful of milk between each spoonful; so shall she have the full benefit of this royal breakfast. Sugar should never be eaten with porridge unless you wish to induce indigestion. Yet you constantly see English people, at hotels and elsewhere, taking sugar with porridge, to the intense horror of those who know better.

Well, now, this first meal should be partaken of not later than eight o'clock, and the dinner should follow at about half-past twelve—certainly not later; and the nurse or mother should bear in mind that if she keeps the child waiting, she is injuring her both bodily and mentally. Variety should be studied each day; thus, the weakly bairn should have nice broth, with an allowance of bread in it, *every* day; and, to follow this, one day tender beef, the next day mutton, and the third day white fish—not salmon or any of the oily fishes. Well-mashed potatoes are very nourishing. I need hardly say that a portion of pudding will always be relished, or that the dinner may often be almost wholly pudding. But in rearing little Miss Miserable, let me give you a warning or two. She must be taught to eat very slowly, and to masticate well, and she must not eat too much of the first or second course if there is pudding to follow. At five o'clock, or a quarter before five, tea will be looked for; and I need hardly say, as far as tea is concerned, that luxury should be conspicuous only by its absence. Bread and butter with plenty of

good milk must form the staple of this meal. These are three meals, then; and with these and plenty of sleep, most children should thrive. But if the little one gets hungry later on, there cannot be the slightest objection to some lunch biscuits and another glass of milk. I want to call your attention particularly to one thing; although a weakly child may have a bite of something to eat between meals if she craves for it, the healthy should be taught to wait for their regularly-prepared diet, else they will have but little appetite for either tea or dinner. We must never forget that a healthy appetite depends as much on nervous force as upon anything else, and if the organs of digestion never have any rest, nervous force will be absent. Do not forget that many children are reared, and reared well too, who never see or touch animal food from one year's end to another, and that it is better to give but a small quantity of animal food, especially if the child be very young.

This chapter is devoted to the little Misses Miserable, but there can be no harm in reminding mothers, that in allowing their children to become fat from overfeeding, especially with animal food, they are sowing the seeds of disease that can never be eradicated unless the cure is attempted at once, and the extra supply cut off. Besides, a fat child can never be a clever one, although he may be, and generally is, a precious disagreeable one to all but his parents. Fat in either child or adult is a disease of itself, and you should not forget it.

The best of animal foods are mutton, tender beef, chicken, lamb, white fish, eggs, and milk. The worst sorts are pork, veal, game, rabbit, salmon, herring, mackerel, eels, and plaice. Eggs should be lightly boiled.

As to puddings, we have a large choice, but they should not be too rich as far as the Misses Miserable are concerned.

Plum pudding is bad for such as these; but rice, sago, tapioca, corn-flour, rizine, and plain bread-and-butter pudding, are all good, though they must not be rendered too rich with eggs. One egg in a tolerably large pudding is quite enough for a young child.

Beware of giving too much sugar or sweets to even Miss Miserable; and if your child is getting too fat, these should be stopped altogether. But a delicate girl may have a fair proportion of sugar. There is a medium in all things, however.

We must not give fruits indiscriminately to Miss Miserable; a little does good, nevertheless, but they must be well chosen. They should be in season, and neither too ripe nor too green. Strawberries, gooseberries, raspberries, oranges, greengages, and peaches, are all good in their way; but apples, unless baked, and nearly all wild fruits, are best avoided. We must not give dried fruits; and even preserves should be dealt with sparingly.

But what should little Miss Miserable drink? Now this is a question of some considerable importance. Probably the child is frequently thirsty. To begin with, there is pure water, and this must always be boiled. If a little good lime-juice be added to it, it will be all the more palatable, and will tend not only to quench the thirst, but to cool and purify the blood and system generally. Then there is milk; but this is not always relished as a drink, and in reality it is as much, if not more, of a food than a drink. A cup of nice cocoa, if made with plenty of good milk, will often be greatly relished, and is very satisfying as well as very nutritious. Get only the best cocoa that is to be had in the market. Bad cocoa or chocolate is positive poison. While mentioning chocolate, I should not forget to add that the pure chocolate sweets, made only by one or two of the best firms, are about the best and most nutritious form of sweet

that a delicate child can have. A little tea or coffee may be given to a child over six, but either should be very weak. Vinous stimulants in no form should be given unless ordered by the family physician—they are most injurious; and the same may be said about strong tea or coffee. Good whey, or buttermilk that is not sour, makes a very nice drink, especially in summer weather.

Aërated drinks are not generally good for children, and you are particularly to avoid that form of them which contains phosphorus or any other drug. It is only too much the fashion now-a-days, I am sorry to say, to use phosphorus in some form. Quacks tell us that it feeds the brain, and cures debility in every shape or form. But phosphorus is known to produce the most terrible and loathsome diseases; so be warned, and avoid it both for yourself and child.

How shall Miss Miserable be clothed? This is another very important consideration, if we would have the girl make old bones; and yet it is one about which the most grave mistakes are made every day. If a child is strong and healthy, we should abjure coddling in every shape or form. By coddling a child too much we are in reality making a hothouse plant of it; and this climate of ours is by no means of the hothouse order, but quite the reverse. On the other hand, if the child is one of our little Misses Miserable, we are bound to take extra care that she is properly and warmly clad, so that the seeds of disease may not be sown in her. If fashion in dress is to be studied, therefore—and I for one confess that I like to see a child well-dressed—be careful to select that for her which shall be easy and as loose as possible, giving unrestrained liberty to her every movement. It should be wool—all wool—winter and summer, and instead of being heavy or clumsy, it should be as light as down itself.

As for night-dresses, the rule should be, never to permit the girl to sleep in underclothing that she has worn all day. And whether she be weakly or the reverse, a bath should be taken every second night. Indeed, this practice of evening bathing has often given a puny child the start, that has led in course of time to good health and bounding strength. On evenings when the bath is not taken, face, hands, and neck should always be washed, and she will sleep all the better for it.

I am fully aware that it is unnecessary to tell these things to a great many nurses and mothers, but at the same time there are an equal number of people who either do not know them, or, knowing them, take good care not to bother themselves about carrying out these rules of health.

For the strong, the morning tub is much to be recommended; but your weakly child has a tiny heart of her own, and it would never do to put too much strain or stress on that. Morning ablutions, in cases where the cold bath is inadmissible, should be as complete as possible, and most careful drying and rubbing must not be neglected.

A mild soap is requisite. There are a great many excellent soaps now in the market, but, anyhow, never use the ordinary alkaline soap, nor a cheap soap of any kind; it is not merely a matter of cheap and nasty, but cheap and detrimental to the skin and the health as well.

Now for a word or two about little Miss Miserable's bedroom. I always advocate fresh air and well-ventilated rooms even for the strong; but when it comes to advising for a tender child I do not feel that I can put the matter too strongly; bad air in a nursery or sleeping apartment is injurious in the extreme to the inmate.

Mothers would keep the child's room much sweeter if it were not for the bugbear, cold; but ventilation can now be carried out so scientifically, that catching cold in bed is a

matter of impossibility. Any builder will arrange this, or show how best it can be done, though without diagrams it is difficult to describe on paper.

I begin a new line to what I am now about to say, so important do I consider it: (1) Fresh air by night and by day is quite as valuable to a child as food itself; (2) A child, and particularly a weakly one, that has been put to sleep in a close, ill-ventilated room, is almost sure to awake badly rested, hot, and uncomfortable, and unless she is a little angel in short frocks, very peevish; (3) Children may not show the effects of sleeping in a badly-ventilated room all at once; but be assured that in course of time it will tell upon them, and it gives the tender child not the ghost of a chance of becoming hardy and strong; (4) Says Sir Thomas Watson, "If there be any disease that is, strictly speaking, the product of impure air, that disease is undoubtedly scrofula," so let mothers take warning; (5) Tuberculosis is another terrible and incurable disease that is fostered by impure air; (6) But even should your delicate child escape the more dreaded ailments that this uncertain climate of ours renders even the strong liable to, she will have impure blood if the bedroom be not well ventilated, and she cannot therefore be expected to thrive.

Sunshine is of very great benefit to the delicate among our children. This ought to go hand in hand with fresh air. We do not get too large a supply of sunshine in this country; but this is all the more reason that we should take advantage of the little we are allowed. Believe me, then, when I say that a sunshine bath, or rather a succession of such baths, is about the best medicine you can let a tender child take.

Just a word or two about SLEEP. Good refreshing sleep depends upon a variety of circumstances, that all combine to lead up to it, but the absence of any one of which may

cause poor little Miss Miserable a restless night and a nervous day to follow. The circumstances are these: judicious feeding, exercise during the day in the fresh air, proper clothing by day, a comfortable, not over-warm, bed, quiet, and last, but not least, a well-ventilated bedroom. Sleeping draughts are not only useless, but in almost every case they are positively poisonous. But if a mother leaves the care of a tender child entirely to the tender (?) mercies of the nurse, she need not be surprised to find out that some of the so-called soothing medicines are used to procure rest for the little one. A nurse may give these without the slightest intention of doing any harm; but harm is thus done without doubt, and if a child that has been much dosed with syrup of poppies, or opium in any form, grows up at all, it is invariably delicate in body and feeble in mind.

Do the little Misses Miserable require anything in the shape of medicine or drugs? This is a question that should generally be left to the medical adviser. But there are times when medical assistance is not easily procured, or one may be very far away indeed from a doctor of any kind, so that a mother should always know the value of certain drugs, and keep a small supply in the house. There is one little tonic that does great good at times to delicate children; I allude to the syrup of the superphosphate of iron, which is the principal ingredient in Parrish's Chemical Food. It is an excellent tonic, and tends to the growth of bone. The dose for a child of one year is twenty drops in a little water, or simply by itself, and so on up to one dram thrice daily, according to age.

I have purposely couched this chapter in the simplest language I can command, so that she who runs may read. Simple though it be, however, it contains many a wholesome truth, and if my advice were followed to the letter, there would be far fewer little Misses Miserable in the world.

CHAPTER X.

THE CARE AND CULTURE OF THE HANDS.

(*A chapter for daughters to read.*)

I AM old-fashioned enough not to have lost all faith in human nature, even in tramping human nature. While out for a run with my dogs on the great Bath Road, I often meet specimens of the latter sort, and when I notice what I consider a deserving case, I cannot, for the life of me, withhold the little penny, or tinier, but more welcome three-penny-bit.

"Very silly, I call it," a friend said to me one day. "They just go into the nearest public-house and spend it."

Well, perhaps most of them do, but not all, and I *may* occasionally give a penny to an angel unawares.

One day, I met a poor Welsh woman, bearing up for London, with two little girls. She said they had walked all the way from South Wales, and she was going to the great world of London to look for her errant husband. I did not quite believe her, but I gave her, as I thought, a penny. She was exceedingly profuse in her thanks, and I immediately discovered I had given her half-a-crown by mistake.

"Well," I thought, "it can't be helped. May a blessing go with it!"

But a few days after, as I read in my paper, this poor woman turned up with her sad story in a police court, to beg the magistrate's advice. He kindly gave it, and something to boot, out of the poor-box Only, you see, this woman had told me the truth.

One day last summer, I saw a poor humble creature, in a thin shawl, sitting on a rest-and-be-thankful. She looked wistfully at my well-fed, happy dogs, but let me pass, and didn't beg. So I turned and gave her a little coin. She burst into tears at once.

"May the Lord love you!" she said. "Neither bit nor sup have I had since yesterday morning, and I'm ashamed to beg."

Then, only recently, I met a tall and elegantly-shaped middle-aged woman, who did beg, though shyly. (N.B.—I think it is my dogs that make people beg from me, though of course they may see something soft in my eye. But if a tramp meets a gentleman with about twenty-five yards of solid Newfoundland, with coats like jet, dancing and gambolling round him, he can't be blamed if he imagines he has a copper to spare.) But about this woman. She had her hands rolled up in her shawl to keep them warm—for it was snow-time you know; and when she extended one, I could not help looking from it to the woman. She was, or had been a lady, and a more delicate and shapely hand I have never seen in my life—not even in Spain, and that is saying a deal.

Now, readers, you won't mind my having introduced my subject by talking about tramps, will you? Thanks! You are very good.

From the point of view of beauty, I believe hands are even more important than feet. Well, I mean that for one person who will be rude enough to criticise your feet, a score will take stock, mentally, of your hands. If they are

beautiful, they will be admired; if not beautiful, I trust you have other charms that will counterbalance their plainness.

I'd rather not say very much about shapeless and stumpy hands, for I cannot give you a receipt to make the fingers long and taper, or to reduce the breadth of beam across the knuckles. I shall be content to imagine your hands are fairly nice in shape, and that you can stretch an octave easily enough. Now, miss, when you have done looking at those digits of yours, I shall proceed with my sermon. Staring at your hands won't do any good, you know, and I want to tell you what will.

A pretty hand, then, should not only be a shapely one, but it should be soft and white, and free from blemish. It ought to be fairly plump too, and warm—not cold and skinny. Some girls who shake hands with me—or rather "lay their loofs in mine"—make me think it is Good Friday, and that I've got hold of the tail of a salt cod by mistake.

Well, the nails should be pink and pretty, like the bill of a pure-bred Aylesbury duck—pardon the metaphor; they should be artistically trimmed, have no up-growing skin, and be as smooth and shiny as polished pebbles.

The first thing one should do, then, in order to secure beautiful hands, is to see to existing blemishes, and their removal, if that be possible.

As for *Warts*, for instance, they are very disfiguring, and should be got rid of at as early an age as possible, so that any scars left may the sooner disappear. There are many simple remedies for warts, but they are not always effectual. The ordinary milch-weed of surburban gardens may be tried. The wart is to be touched with the juice twice or thrice daily. If this does not succeed, we go a step further, and try a wash like the following, which not

only tends to banish and prevent warts, but is useful for red hands, and helps to do away with clamminess. It is very simple. You take about a dram and a half of salammoniac, and dissolve it in a quart of rain-water. Add a tablespoonful of toilet vinegar. The hands are to be steeped in this—they must have been previously washed and dried—for about a quarter of an hour every morning and evening.

Well, but very likely, if obdurate, the warts will want more stringent treatment. There is strong acetic acid to be had at the chemist's, in tubes already. It should be used with caution—not a drop or half a drop being allowed to fall anywhere, for it stains and burns. Touch only the wart gently once a day, and don't let any on the whole skin. But the caustic silver pencil is equally effectual.

To remove lunar caustic stains from the skin, wash the part first in a solution of iodide of potassium; then rub off with a solution of spirits of ammonia.

Children often suffer from what might be called "the wart diathesis." Arsenic tonics will be needed, and good living, so a doctor should be consulted.

Now *Moles* may also be got rid of by acetic acid or even caustic silver; but they are more ticklish things to tackle than warts, so surgical aid should be had. I am much against self-treatment where safety is jeopardised.

Superfluous hairs are disfiguring. Well, they can be removed by the ordinary depilatories of shops; but these often contain arsenic; they are thus dangerous. Besides, they are dear; and one does not always like to ask for such things. I think the following depilatory as good and safe as any. It is simply a strong solution of sulphuret of barium formed into a paste with powdered starch. It is left on a few minutes and scraped off with the back of knife. Or here is a French recipe: Crystallised hydro-

sulphate of soda one part, and three parts each of powdered starch and powdered quicklime. Make into a paste with water, put on, and let stay on for two minutes; then scrape off with a wooden knife.

Depilatories all require to be handled with *caution*. Touch the skin with oil afterwards, and do all this at night. Hairs may be tweezed out. Then there is electrolysis—a long and somewhat painful process.

Chapped Hands.—Some girls suffer greatly from this complaint, especially during the winter months. They must take precautions for the preservation of the hands, and they must live in such a way as to increase the general strength and tone of the body, for chapped hands as well as chilblains are often associated with a weakened state of the constitution.

I may say here at once, that no girl can expect to have pretty hands who lets herself get below par. They will be red and rough, because the heart is not strong enough to receive back the blood as well as it ought. It therefore gets dammed up in the extremities—and with what results? Why, coldness of hands and feet, clammy feet or hands, red, rough hands, red ears, and—let me whisper it—a red nose. It is surprising how soon, in cases of this sort, improvement may take place from a course of citrate of iron and quinine—three to four grains thrice a day in water after meals—the cold or tepid bath after breakfast, an occasional mild liver pill, good solid—not sloppy—food, cod-liver oil, or Kepler's Extract of Malt, and unbounded exercise in the open air. Try this treatment, and have the grace to think kindly of me.

But of course for chapped hands some local treatment is also necessary. Well, the camphor ball is as good as anything I know. It soothes, and it allays irritation too. Then there is almond paste, rubbed well in at night, with gloves worn.

Another little mixture is glycerine mixed with a small quantity of tincture of benzine, and well rubbed in several times a day.

Now, I want my readers to disabuse their minds of the notion that cosmetics of any kind whatsoever, will permanently whiten or beautify the hands *if the health is neglected*. I am very earnest in saying this, and I hope you will remember it.

Ordinary Care of Hands.—Well, to begin with, they should be kept very clean, and gloves—silk is preferable—should often be worn over hands and arms, even indoors. But I do not advise you to be perpetually scouring your hands, nor using a too rough towel. The use of sand-soap or pumice-stone is highly objectionable. Always use the mildest non-alkaline soap; there are many good ones in the market, but do not trust to puffing advertisements, and never buy a cheap soap—cheap and nasty! Always use rain-water. Keep your hands gently warm—not hot—while out of doors. Muffs are not always advantageous, as they sweat the hands. If you would avoid roughness and redness, never hold your hands to the fire. I may mention here, parenthetically, that all kinds of colds and troubles are caught, not out of doors in the open, fresh air, but in the hot rooms you enter after you come indoors. It is the most dangerous thing in the world to get warm too soon after being cold. It may sound paradoxical for me to say, "Get warm in a cold room," but this is really the only safe plan. Just listen. You may take two house-flies, and gradually freeze them—they may be even inside lumps of ice; they would in many instances come to life again if the thawing and warming process were done most gradually, but certainly not if done in a hurry. Now, if you please, take that as an example of the evil effects of thawing too quickly after you have been cold.

Standing about in cold rooms while in evening dress, has a most injurious effect both on the complexion and hands. Always, if possible, throw a light, soft shawl around your shoulders. The condition of skin raised by cold, and called "goose-skin," really means temporary paralysis of the cuticle, and is very detrimental if often repeated.

Drinking hot tea or hot drinks of any kind when very cold is also bad for hands and face. Such drinks produce a too early reaction, and mischief is done that it is difficult to get over.

Nails.—A soft nail-brush should be used in washing the hands. If any instrument be needed for the nails, it should be of ivory, not of steel; if you use a sharp steel instrument, you roughen the under surface, and they soon get unsightly, and are more easily soiled.

About once a week is often enough to trim the nails. Do not cut them too much down at the sides, else you may have an in-growing nail. Trim them oval or filbert, whichever suits the shape of the fingers best. Do not, however, leave them too long, or they may easily be likened to claws by people who don't love you.

Wash the hands in hot water, and the skin that grows up over the nail may then easily be kept in its proper place by the ivory trimmer.

The white spots called "gifts," that sometimes appear in the nails, are due to a deposit, and point, not to gifts, but to more or less of the lithic acid diathesis.

The nails should be polished every day. This may be done with a trimmer covered with chamois leather, and a little levigated chalk mixed with lime juice; for polished nails look very pretty.

The liquor of boiled oatmeal groats will tend to whiten the skin; but it must be made fresh every day—it won't keep.

A cocoa-nut oil liniment is sometimes used to rub into the hands at night to whiten them. It is composed of half an ounce each of cocoa-nut oil, white wax, and almond oil, nicely scented.

Elder-flower water a pint, borax half an ounce, and lavender water an ounce. Mix. A cosmetic for face or hands.

I do not approve of always wearing gloves in bed. It is unhealthy, but occasionally it may do no harm.

CHAPTER XI.

A GOSSIP ABOUT LEGS AND FEET.

(A chapter that mothers would do well to read to their boys)

ONCE upon a time, in the long forgotten past that writers of story-books tell us about, a trifling amount of deformity in a boy was considered something to be proud of rather than otherwise. But and if a lad were a dwarf, and very much misshapen at that, he might in a manner consider himself in luck. He would be deemed a kind of show boy, and there would be very little likelihood of his ever going without a crust of bread and cheese, or a tankard of sack, if he was old enough to stand up to it. The truth is that these misshapen dwarfs were considered of rather more than average intellect and abundance of wit and humour. Is it true that they possessed these excellent qualities? Undoubtedly so. But not, as was generally supposed, because the gods had been specially kind to them by way of making up to them in mind what they had lost in body. No, but for quite another reason. For the self-same reason, indeed, that the gutter-snipe boys of London are far cleverer in a worldly way, than lads of their own age who have been reared in the lap of luxury, and petted or pampered by adoring uncles and aunts.

They were thrown on their own resources from their very infancy, had far more kicks than ha'pence, more buffets than

bawbees, and so learned both wit and wisdom, and could take their own part in a battle either with arms or with tongues. But *tempora mutantur*, and we change with them, and a boy who cannot nowadays show a good leg and carry a straight back is looked down upon rather than otherwise.

I do not, however, forget that with all right-thinking people, both in society and out of it, mental qualifications will always be more respected than mere bodily ability; and beauty of soul rated above personal charms. I will state another fact: I have known many clever men who in the days of their youth were confined to their chairs or couches through spinal or other deformities. But I do not mean for a single moment to aver that it was the bodily trouble that led to their becoming men of superior intellect; directly that is, but indirectly yes, because they had been compelled to exercise the mind to read, and therefore to think, during their enforced leisure. However, no boy with the right use of his back and limbs would long for deformity in order to turn out a bright and superior intellect.

From the host of letters I am constantly receiving about legs, feet, and backs or breasts that do not suit their owners' ideas of the æsthetic, I thought that a chapter dealing with slight deformities would be made welcome by many. Hence the present little health sermon.

But at the very commencement of it I have to say that I expect parents as well as boys to read it, and also to act upon the advice contained in it. And for this reason: bandy legs, for example, or knock-knees, must be taken in hand at a very early age if any good is to be expected from treatment. I am sorry to say that most of the boys who appeal to me for advice are far too old to benefit thereby.

Well, I shall say a few words about bandy legs to begin with. We see these to perfection, or rather to imperfection, in rickety, or in badly-fed children who have been put to

walk too soon, and also in boys who have been taught to ride on horses far too big for their little legs. You see, a child's bones are naturally very soft, but if the food does not contain a sufficient proportion of bone-forming salts, or if it be deficient in quantity, the body will not be nourished, and the bones will not grow nor be of the proper strength, so that the weight of the body alone, in a boy thus fed, will tend to curve the legs, the spine, and even the chest, forming what is called pigeon-breast.

I cannot, therefore, too strongly remind mothers who desire to see their children growing up strong and well-formed, that the feeding has almost everything to do with it. If, however, there is a decided tendency to anything like a rickety bending of the bones, then, in addition to giving very wholesome strengthening food, with abundance of milk, cod-liver oil should be given three times a day, and Parrish's chemical food also, in doses proportioned to the child's age. But this is not all, for the form of exercise that such little ones take should be most carefully regulated. This must at no time be severe, nor of a kind to throw much weight on the frail bones. In cases where it is the spine or chest that seems likely to suffer, all the rest possible should be taken in the recumbent position, and at the same time the child should be almost constantly out in the fresh air. A residence at the seaside during the summer months is of the very greatest advantage in such cases.

What you have to keep in mind, then, my *materfamilias*, are the following : good bone and muscle-making food, gentle exercise, fresh air and rest for the affected parts, with, as auxiliaries, cod-liver oil and syrup of the phosphates.

But I want to call your attention to something else of considerable importance—namely, support to a weak joint or bending limb. For as the bones are green as yet, they can be made to take the right shape, and should be kept at

that till they harden. After the lad has grown big, it is usually too late to effect much good from the wearing of any kind of appliance whatever.

There are special appliances made nowadays for every sort of leg deformity, and a visit to any respectable surgical instrument maker's, will certainly result in your not only obtaining the right sort of splint or boot, but full directions how to put it on and when to wear it. I need hardly add that perfect cleanliness and frequent ablution of the whole body in water as cold as can be borne without danger, are great helps towards healing soft bones.

Can a boy do anything towards straightening his own legs? This is a question that might be answered in the affirmative, for a plucky young reader of mine did effect considerable good to his legs by wearing a splint or two at night and tying his legs to these. This certainly was heroic treatment, and the lad well-merited the success that he assured me he obtained. Well, whenever a boy notices that his limbs are getting to any degree deformed, and his parents or guardians pooh-pooh the matter, he ought, I think, to go right away to a surgeon and boldly state his trouble. Ten to one he will be received kindly, and obtain much good advice.

It really does seem a pity that any child should grow up with bent legs, if there be the slightest chance of matters being mended by the judicious application of splints.

Knock knee.—This is another deformity on which I am very frequently consulted. It may sometimes be caused by accident, but is more often than not the result of bad nutrition. The trouble usually affects both knees, but it is sometimes present only in one, or it may be worse in one knee than in the other. Sometimes the disease is called X knee, and a glance at this letter X gives a very good idea of the appearance of the deformity. It sometimes makes

its appearance as early as the third to the fifth year, and it may or may not be combined with a rickety condition of body generally; but it is most common from the sixth to the fifteenth year. The employment may in many cases have a good deal to do with its on-coming. But a perfect cure can hardly be hoped for, if it is allowed to last till the bones have become set.

Treatment for Knock-knee.—This is two-fold, for, in addition to the general hygienic régime recommended in the treatment of bandy legs caused by a tendency to rickets, a special set of splint and bandages will be necessary. They consist of padded splints worn along the outside of the legs, the upper ends of which are attached to a belt going round the waist, and the under going into the boots. To these splints are fastened three straps, one, the centre one, well-padded, the tendency of the whole being to gradually draw the leg into the straight position, and so, if constitutional treatment is rigidly enforced, the deformity slowly yields and the patient is cured. As age strengthens the bones there is no tendency to any recurrence of the mischief. But if the deformity has existed for a very long time there is, of course, difficulty in carrying out the treatment. Yet even then the sufferer need not quite despair, though an operation may be found necessary, consisting in the division of one or more tendons, and even in cases where a price like this has to be paid for a cure, it is really cheap in the long run, for undoubtedly deformities nowadays militate against a lad's success in life.

There are several other deformities of the knee-joint, the worst of which is contraction. But as this is a far more serious affair I need only mention it, and I may add that the very best advice possible should be got at once.

Club-foot.—This complaint is of various kinds, named after the particular shape that the deformity assumes. Often

it is congenital—that is, the child is born with it—but more often it is brought on by degrees. Of actual club-foot, I have no intention of speaking at present. Yet the tendency to it is noticeable in about one boy or girl in every three. It is seen in the way the boots wear. The child is said to go down at this side or that, as the case may be. All I have got to say is that this state should never on any account be neglected, else the foot will become worse, and more or less of lameness will result. This lameness may be so slight as only to cause an awkwardness of gait, more or less noticeable, but never nice to look at. If the deformity is very marked, a surgical operation may be necessary, otherwise attention to the make of the boots will generally obviate the tendency to going over at one side.

Weakness of Ankles.—This complaint is generally associated with a tendency to the deformity called club-foot. It consists in a weakness of the tendons of the muscles, and of the ligaments of the joints that bind them and act as hinges, so that the joints are rendered loose. It is nearly always brought on if the child has been taught to walk too soon. If a boy or girl grows up thus, the gait in walking is often extremely awkward; but this is not all, for the subject of the complaint is constantly liable to accident, to dislocation, or even to fracture. Even at the best, he or she cannot engage in games such as cricket or lawn-tennis with any degree of confidence. So parents should see to it that such a state of matters is remedied at as early an age as possible. The older the child is before a cure is attempted, the more difficult will that cure be to attain. There are special shoes and boots made for this very deformity. But the general health should be attended to, at the same time good strengthening food being allowed, and easy exercise in the fresh air insisted upon.

Chest Deformity.—I am sometimes consulted concerning

an inclination to stoop, and about what is known as "pigeon-breast." This last cannot be cured by self-treatment; a surgeon must be consulted, the sooner the better, because the trouble will usually be found in conjunction with other and probably graver deformities—or, at all events, with a tendency to softening of the bones generally.

Does "pigeon-breast" affect a lad's chance for the services? is a question a mother once asked me. The answer was "Yes, undoubtedly so." Candidates for either the Army or Navy must be perfectly formed in body, and even a tendency to decay of teeth will throw one out. This may seem hard, but it is really in the interest of the public; for decaying teeth too often point to a weakly constitution, or even to congenital impurity of the blood. In the services nowadays only the thoroughly healthy have any chance.

From all I have already said, then, concerning these deformities, it must be evident to the reader that if their cure be not attempted at a very early age the chances of getting straight and well are more or less remote; yet it is all too usual for parents to treat such troubles as if they were not of the slightest consequence, instead of remembering that they may interfere most materially with a lad's future prospects. Let forewarned, therefore, be forearmed.

Lameness, complete or partial, is the result of so many accidents or deformities, that I cannot go into the subject fully in one brief chapter, but it should be remembered that a slight degree of lameness—or call it, if you please, awkwardness of gait—is often caused by want of proper care of the feet, and by bad or careless selection of boots and shoes. A few words on these subjects may therefore do good. Any kind of cheap boot is usually considered good enough for a boy. I say that this is a most egregious and foolish mistake, for, apart from the fact that an ill-made, unshapely boot

causes all kinds of mischief to the feet themselves, a cheap boot is really dearest in the long run. It would be far more kind to let a lad fly about barefooted, as the children of well-to-do parents do during summer in some parts of Scotland, than condemn him to wear a pair of boots that not only punish his poor feet but often cause permanent lameness. I hope that parents will think of this truth next time they take a child to a shop to fit him or her with a pair of boots or shoes. For ready-made boots are seldom or never rightly-fitting. This is the reason that we generally hear so much complaint made about the discomfort caused by boots or shoes, before they are properly "broken in" as it is termed. And what does this breaking in consist of? Do the boots always come to the shape of the foot? Alas! such is not the case, for it is too often that a tender foot has to adapt itself to the shape of the badly-fitting cheap and nasty boot. Then when that boot is worn out, another pair equally cheap and nasty is bought, and the unhappy foot has once more to change its shape, the changing process being, as usual, accompanied with a week or two's agony, as bad every bit as that a Chinese girl-child has to endure.

If, then, the parent can afford it, he should invariably have the boots his children wear made to measure. And made by a really good shoemaker too. Believe me there are good and bad boot and shoe makers, and that the bad predominate. I have often thought that it would be a very good plan to flog a few bootmakers by way of encouraging the others. And this would have to be done periodically, say once in every six months. When I am returned to Parliament in the interests of the boys of Britain, I must try to bring in a bill to secure this desideratum. Shoemakers will have to shake in their shoes when this takes place!

Well, then, if you would not see your children lame or suffering misery, get them good shoes or boots, and the next

best things to think about and decide on are nice, healthy, comfortable stockings or socks. Now, what is true about boots and shoes is none the less true concerning the underclothing of the feet. Many people are willing enough to admit that wool and only wool should be worn, and these may practise what they preach, but only in a half-hearted kind of way. For unless the socks are made of good wool, soft and warm and well knitted, they punish the feet very much. There are shoddy socks as well as shoddy cloth, and to buy these is to throw money away. But not only is the quality of the sock to be considered, but its thickness. Socks or stockings should be thinner in summer than in winter: else the feet are sweated, and rendered tender. If children have tender feet, let me assure you that they will be liable not only to many discomforts but also dangers, for one is very apt to catch cold through the feet, and people with hardy, wholesome feet that do not perspire a great deal are not nearly so likely to be afflicted with catarrh, etc., as those whose feet are soft and tender.

Given good boots and good socks, one has a chance of being able to walk well if only ordinary care is taken of the feet. And in what does this care consist? Well, to begin with, they must be kept very clean. A child should never go to bed till he has washed them, and if they are inclined to sweat much a little alum should be added to the water. Perhaps he is too tired at bedtime to do more than simply wash the feet, but in the morning, just after he has had the life-giving cold tub, he should devote a minute or two to overhauling the feet and toes. He must be very careful always to dry between the toes, and if there be any thick skin it must be carefully rubbed off. If he makes a practice of doing this, and the shoes fit well, he will never be bothered with corns, or bunions either. Then the toe-nails need seeing to. These should be kept well trimmed,

but cut pretty squarely off, never cut round the corners or down the sides, else one is liable to have an in-growing nail, and that is one of the most painful little affections that I know. If you want to be extra sweet as to feet and body, I advise you to get a jar of Californian borax, and put a tablespoonful every morning in the bath tub. But I may tell you this, if you are a regular morning-tubber, and therefore always clean and sweet in body, the same water will last you two mornings, and you will thus not waste the borax.

Corns and bunions, should never be neglected, else lameness of a most disagreeable nature is apt to be the result.

The Calves.—Young lads are often found asking how to get their legs thick or thin, as the case may be. Now as regards too fat legs, this is generally the result of a too fat body, and you cannot reduce the legs without reducing the whole system. Although there are cases of obesity that defy all the usual methods of treatment, still the generality of them yield to reduction of diet, to the exclusion of fatty matter and sugar in any form, abstaining from flour food, or any sort of farinaceous diet, to the taking of abundant exercise even to the verge of fatigue, to a minimum allowance of sleep on a hard mattress, and to the cold bath every morning.

As to becoming possessed of what is called "a Highland or Scotch leg," exercise must also be taken—as much, in fact, as there is time for—and there is no better form of this than walking or running. I am sometimes asked if cycling increases the size of the calf. The answer is that cycling in moderation will most assuredly do so, but overmuch of this species of exercise reduces the calf till it becomes not at all a pretty sight. A really shapely leg should be small at the ankle, and sloping nicely to a hard

and sturdy calf. It is the calf of the mountaineer, not of the English brewer's drayman. I must make two other remarks about calves, then I have done. First, then, there are many boys who never can have good shapely legs. They do not run to calf so to speak, or in other words calves are not in their family. Secondly, some of our very best walkers have had very indifferent calves. You may have heard of Weston the champion pedestrian. Well, I have it on good authority that his calves were very indifferent indeed. But, on the other hand, it is just possible that the reason of this lay in the fact that he walked enough to keep his calves down.

It is in good spare living, in moderate, but constant exercise, and in temperance and purity of life, that our boys are to seek for a healthy shapely body from head to heels.

CHAPTER XII.

OUR GIRLS' FEET.

WELL, then, girls, especially young girls, should study as far as lies in their power to wear neat and well-made boots, and stockings that are a soft warm happy medium 'twixt thick and thin. Never under any consideration be prevailed upon to buy ready-made boots or shoes. It is quite impossible for these to fit properly and well. Moreover, if, when a pair of boots that you have been measured for come home, it turns out that they do not fit like a kid glove, or if they pinch or squeeze at any particular point, return them at once; the man who made them is no proper tradesman. Do not think of the bootmaker's feelings—think of your own feet.

The leather of which a girl's boot is made should be pliant, soft, and thin. It should have sufficient elasticity to press the foot softly in every direction, and it must have been properly prepared, else it will give. The foot gives with it, and becomes "splay." Of course, you yourself may be no judge of leather, but if you deal with a really good maker, and find that he fits you well, you ought on no account to change; but if, on the other hand, the boots supplied you soon go out of shape, the man is no artist, and you must avoid the shop.

No girl can have a well-shaped or neat foot who wears very high heels. A girl is not a horse—I am not joking.

The horse, you know—or ought to know—walks upon his toes; the heels of his hind feet, say, are the hocks, and there is a pedal deformity which surgeons call *talipes equinus*, in which the human foot has this equine shape. Strange, then, is it not, that this very deformity is one which, by wearing tremendously high heels, many young ladies seemed to court? They positively walk about with their heels in the air; and if the absurd fashion continues, in a few generations ladies will not have any heels at all—they will be hocks.

I am bound to say that neither in this country nor in America are young girls very often taught to walk properly. And if a lady cannot walk well and gracefully, the foot will soon accommodate itself to the gait. One has to go to India to see graceful walking. I have been rude enough more than once to sit in a park in India, simply to admire the beautiful carriage of many of the native women. The upright gait, the well-carried shoulders, the beautiful elasticity of every movement, and the charming poise of head, combine to make their walking the very poetry of motion.

Only on the stage do we see such a gait as this at home, for it is, singularly enough, absent even from the Queen's drawing-room—as a rule, I mean.

No girl can be taught to walk well or gracefully after the age of seventeen. Mothers should bear this in mind. And bad walking causes flatness of feet and absence of instep.

"Slouch along, Sairah!" I heard a Berkshire mother call after her daughter one day. Sairah was going on an errand, and her mother meant her to hurry up—to walk briskly. Well, Sairah did slouch along. She was a most amusing study. Her feet were flat and large you must know, and the ground was crisp with frost; so as Sairah

walked there was music in the village. Her nose was well ahead of her, her arms waved to and fro like a Dutch doll's, her shoulders worked like pistons, and at every step her knees appeared to double up like a couple of jack-knives. Oh, she was a beauty, was Sairah. Still, she wore no high heels, and was as guiltless of tight-lacing as a jelly-fish.

Now, walking improves the shape of the feet if it be done gracefully, for it causes the feet to be well nourished, and prevents corns, bunions, chilblains, and even deformities. But then one must be taught to walk well, else it will be a case of "Slouch-along-Sairah."

Over-tight lacing in young girls tends to what I may call exaggerated feet, because it interferes with the proper circulation of the blood. The feet or hands do not receive enough arterial blood, while the venous blood becomes to some extent confined in them; effete matter, therefore, is not carrried away, the tendons lose their suppleness, and in girls liable to rheumatism deposits may be formed in them or in the joints. I do assure you, reader, that want of proper circulation through the feet, is the cause of one-half of the cases of enlarged joints that girls try to cure themselves of by foolishly wearing boots a size too small.

Perhaps I might be accused of going a little too far if I were to assert that no girl who has trouble of any kind with her feet can be good-tempered or happy. Still, such a statement would not be very far from the truth.

Some people take less care of their feet than they do of their hands, because the former are less seen. They certainly are less seen; at the same time, healthful shapely feet are far more important to the general well-being than pretty hands are.

I must suppose now that a girl is blessed not only with a small and shapely foot, but that she is altogether

fairly healthy in herself. How is she to maintain her feet in their pristine beauty? That is the question I wish to answer.

The stockings I have already mentioned as well as the boots. These last, I may add, must be neither too large nor too small. To pinch the feet by wearing sizes that do not belong to you, is to cause a species of awkward lameness, from which, I am sorry to say, nine out of every ten girls in England suffer more or less. The boots *must* be big enough and elastic enough to permit the bones and joints to have a certain amount of play. If your feet do not have this, they might as well be made of cast-iron—simply hoofs, and you cannot have grace of gait or any of the poetry of motion about you.

The most perfect cleanliness is necessary to keep the feet in health. They ought to be steeped in hot water for a time if you are unfortunate enough to have corns; and the rough or thickened skin is to be removed by means of a not over-sharp knife.

Corns must be got rid of at any cost; and if afterwards you try a better bootmaker, probably they will not return.

When you have washed the feet and carefully dried them, attend to the toe-nails. Cut these straight across, not down the sides, else you may be afflicted with an in-growing nail; and nothing is more painful or distressing.

Be most careful to get rid of thickened skin between or underneath the toes.

As for *bunions*, it is unlikely any of my young readers are troubled with these; but if they are, a surgeon must be consulted without delay. Bunions are not amenable to self-treatment as a rule. However, perfect rest, and painting the swelling daily with tincture of iodine, may effect wonders in those who cannot obtain medical advice.

An enlarged joint is often caused by the pressure of a tight boot. This is also a case that brooks no delay, or the deformity may become permanent. During the winter and spring months a great many girls suffer from chilblains. I need hardly describe the symptoms of this disagreeable complaint; but it cannot be too well known that chilblains are most liable to occur in delicate girls whose circulation is somewhat weak, therefore the treatment must be constitutional as well as local.

Prevention, then, is better than cure; and if mothers notice that some of their children are subject to chilblains, they may be sure they are not so strong or healthful as they ought to be, no matter how bright and cheerful they are. The diet must therefore be generous and nutritious.

If pale in face and gums, some mild preparation of iron, such as ten to fifteen drops of the dialysed iron taken in water after food, twice a day for weeks, will do good. So would cod-liver oil, or the solution of cod-liver oil in malt extract. The underclothing should be warm and rather loose; roomy boots and wool-lined gloves; and, above all, plenty of exercise in the open air. The feet must be kept dry.

As to local applications, their name is legion. If one thing does not suit, you must try another. Tincture of iodine with a little liquor ammoniæ and laudanum, is a very good one. Iodine is also good. It must be used twice or thrice daily.

If, however, the chilblain is broken, a poultice may be necessary in order to reduce the inflammation, and afterwards glycerine of starch applied, or the benzoated ointment of zinc.

A medical man is often consulted about cases of offensively perspiring feet. Now here again, as a rule,

the fault lies in the constitution. The health is usually below par, and should be seen to at once. Iron does good if there be thinness of blood. It must be taken for quite a long time, and in small doses. Quinine and iron would suit best if there was poverty of blood combined with loss of appetite. Cod-liver oil deserves a prolonged trial. The cold bath, if one can stand it, should be taken every morning, and abundant out-of-door exercise. The feet should have plenty of room, the stockings being very frequently changed. I need hardly say that perfect cleanliness is a necessity, the feet being washed morning and night in tepid water, to which a little alum may be added. They should be thoroughly dried, and the insides of the socks dusted with a mixture of oxide of zinc and starch. If this simple treatment be not successful, there may be something wrong that needs the advice of your family doctor.

Many girls suffer much from cold feet, and, as a rule, they are delicate. Everything that tends to strengthen the system will tend to alleviate the complaint—good food, cold bathing, salt-water bathing, tonics and cod-liver oil, with plenty of walking exercise. Bed socks may be worn, and the feet washed in cold water before putting these on; but dry the feet well with a rough towel to restore the circulation. Hot-water bottles or hot sand-bags in bed are very often prejudicial to the health.

In conclusion, let me warn young girls against the awkward practice of leaning the weight on one side of the foot while sitting or standing—that of doubling the ankle.

If your boots wear too much at one side, it is wrong to have that side raised higher than the other; *but* the shoe or boot should be seen to whenever even the eighth of an inch out of the horizontal.

CHAPTER XIII.

YOUNG FOLKS' HAIR.

FROM this chapter, I am in hopes that mothers themselves will cull some useful hints. Because a lady is married there is no reason at all why she should imagine that she is getting old, and begin to look with complacency upon handfuls of hair coming out each time she uses comb or brush.

Every one, I suppose, is aware that hairs are delicate tubes attached by bulbous roots to the skin—growing, in fact, from *culs-de-sac* in the skin—around which are delicate networks of the minutest of blood-vessels, which supply them with colouring matter and nutriment. Moreover, hairs have sebaceous glands at their roots, which supply them with natural lubrication, and this it is which gives the beautiful glitter, or gloss, to the hair of the young, and those whose capillary attractions have never depended upon shop oils or quack pomades. We never can get along without just a *leetle* physiology, but that is all I mean to impose upon you this time. The quality of the hair, that is its fineness or the reverse, is often indicative of the mind and constitution of the individual; so, too, is the colour, but this is a matter I cannot at present enter into.

Now, I have no doubt that some, whose toilet-tables are laden with the finest and most delicately perfumed

oils and powders, bearing many a long and fanciful name, will be surprised, perhaps even disagreeably so, to be told how few the articles are that can be termed really necessary to perfection and beauty in hair, and further, that those articles are within the reach of the humblest, and that the rich cannot improve them.

To get and retain beautiful hair, you must attend to daily brushing it, occasionally washing it, and periodically trimming it, and striving at all times to keep the general health up to the average. Oh! believe me, Nature is a very generous and indulgent mother. She leaves nothing undone; but we cannot improve upon her handiwork. We can only aid and assist her, and even this we cannot do unless we understand her.

Now, as to brushing. The skin of the head, like that of every other part of the body, is constantly being renewed internally, and peeling off in scales as fine as dust externally, and these are to be removed by means of the brush. But it is not so easy to brush the hair properly as one might imagine. Few hairdressers, indeed, know very much about it. The proper time for the operation, then, is the morning, just after you have come out of your bath, provided you have not wetted the hair. Two kinds of brushes ought to be found on every girl's toilet-table, a hard and a soft. The former is first to be used, and used well but not too roughly; it removes all dust, and acts like a tonic on the roots of the hair, stimulating the whole capillary system to healthy action. Afterwards use the soft brush—this to give the gloss from which the morning sunshine will presently glint and gleam, with a glory that no Macassar oil in the world could imitate. Whence comes this gloss, you ask? Why, from the sebaceous glands at the roots of the hair, Nature's own patent pomade, which the soft brush does but spread.

Secondly, one word on washing the hair. This is necessary occasionally to thoroughly cleanse both head and hair. One or two precautions must be taken, however. Never use soap if you can avoid it; if you do, let it be the very mildest and unperfumed; avoid so-called hair-cleansing fluids, and use *rain*-water filtered. The yolks of two new-laid eggs are much to be preferred to soap; they make a beautiful lather, and when the washing is finished, and the hair thoroughly rinsed in the purest rain-water, you will find when dry that the gloss will not be destroyed, which an alkali never fails to do. The first water must not be very hot, only *just warm*, and the last perfectly cold. Dry with soft towels—but do not rub till the skin is tender—and afterwards brush. Be very careful always to have your brushes and combs perfectly clean and free from grease, and place other brushes on the table for friends of yours who happen to be Macassarites.

Pointing the hair regularly not only prevents it from splitting at the ends, but it renders each individual hair stronger.

Ringworm.

Concerning that most annoying complaint *Ringworm*, I will have something to say further on, I but wish here to remind mothers, that not only ringworm, but many other diseases of the hair, are apt to be communicated to the scalp from barbers' tools—the combs, brushes, and even scissors they use. Ladies who are particular to avoid such troubles, would do well to make a barber call regularly at their houses to see to the children's hair, and to make him use your own brushes, etc.

Scurf in Children's Hair.

Get the chemist to make a strong solution of borax, or get yourself a packet of the ordinary Californian borax of the shops and add an ounce to half a pint of soft or

rain water. A portion of the solution, say an ounce, may consist of Eau de Cologne. Damp the hair roots well with this twice or thrice a day. Or you may use what is called the glycerine of borax. Dissolve an ounce of borax in three ounces of rose water and add three ounces of glycerine. This is a very elegant preparation. Apply it every night. The hair may be washed twice a week.

Baldness.

Some mothers themselves get early bald. Men, I believe, suffer more from baldness than women, because they cover up the hair too much by wearing hats and caps. Hair will not thrive without sunshine, or light and fresh air.

A man more frequently begins to go bald at the brow. The woman at the top.

Sometimes without actual baldness the hair comes out in handfuls, as it is termed, in the brush and in the comb. It will generally be found out that there is some constitutional cause for this. If it be not removed no benefit is to be expected from local treatment.

The wearing of night-caps is not likely to improve the growth of the hair in any way. I daresay few people do so nowadays. I but mention the habit in order to condemn it. If women sometimes wear night-caps, men drink what they call night-caps, and this is far worse.

Children, boys as well as girls, should go bare-headed winter and summer indoors, and as often as possible out of doors as well.

Loss of hair is often caused by debility, and whenever this is present and the hair coming out much, a course of iron and quinine, or steel and iron if there be constipation, should be taken, and this should be followed up by a course of cod-liver oil with the Kepler extract of malt. This last may be continued for six weeks.

Sea bathing will also do good, or, if this cannot be had, the use of the cold water tub every morning before breakfast.

Grey Hair.

Grief and worry and over-excitement, however caused, tend to turn the hair grey. I think grey hair is very pretty. Nor do I think that it causes one to look aged, if there are no other signs of premature age. I do not, therefore, recommend the use of hair dyes.

There is Miss Smallbrain yonder, a maiden lady whom I know and whom I may cite as an example of one who has turned somewhat early grey. One day at her mirror she finds a silver thread among the gold and makes fun of it at first, but a few weeks after, she finds more of those pretty silver threadlets among her hair—finds, in fact, that they are coming thick and fast—and she positively frowns when Mary, her maid, who is rather outspoken, suddenly exclaims, while dressing her mistress's hair, "Why, lawk-a-mussy, miss, you is actooally gettin' as grey as my grandmother!"

That maiden soon after receives warning. Poor Miss Smallbrain! there is no sign of her getting married yet, though she wants to be, ever so much; but, ah! that tell-tale glass. She no longer lingers lovingly near it, nor smiles into it as of yore. Meanwhile, she buys a stick of *cosmetique noir*. I'm sorry to say she is impeachable with the sin of telling the hairdresser that it is for a friend of hers. That worthy wouldn't smile for a pension, but he knows a great deal about human nature, does that dresser of hair. But the cosmetique will not do. It is far too palpable, and it isn't cleanly. It necessitates either mysterious nocturnal capillary ablution, or soiled pillow-cases. So she gives it up, and has recourse to a leaden comb. Silvery hairs accumulate, and a particular column

of the daily print begins to have a peculiar charm for her, and she wavers long between Mrs. McFuss's renowned hair restorer—which isn't a dye, oh, no! and Samuel Simple's celebrated hair-dye. It is sincerely to be hoped that about this time that naughty boy, Bertie, who has been wooing her off and on for ten years, comes manfully to the front and takes her out of her misery.

Miss Neuron, another acquaintance of mine—tell it not in Gath, breathe it but in whispers—has a moustache! Whisper again—she clips. Oh! it's a fact. But *I* shouldn't have known anything about it, you may be sure, if it hadn't been for a little fairy friend of mine—Phemy Fraser, *æt.* 7—whom I found one morning cross-legged on the hearth-rug, as serious as a little Turk, hand-glass in front of her and scissors to lip.

"What *are* you about, Fairy Phemy?" I asked.

"Faily Phemy," the child replied, "wants to be 'ike her Auntie Noolan."

Well, "Auntie Noolan" isn't so bad, mind you, because she sticks honestly to the good old-fashioned scissors. Yes, "leeze" me on the harmless scissors, but woe betide depilatories, one and all. Pray avoid them. Without doing any radical good, or effectually extirpating offending hairs, they often do much harm to the skin. *E*pilation is certainly more effective than *de*pilation. For this purpose, Miss Neuron, you must provide yourself with such a tiny, tiny pair of tweezers, and you must choose a bright day, and sit in front of a large bright mirror, and—but there, you think I am laughing at you. I would not be guilty of any such rudeness. So now I will give you a little bit of plain advice, and probably comfort too. Never interfere with Nature. If she has thought fit to supply you with a moust—that is, a slight downy appendage where downy appendage shouldn't be—pray leave it alone. Do

not *clip*, it is like clipping a hedge—I fear I've put my foot in it again, but really I am treading on such delicate ground, it is like walking among eggs at five shillings a dozen—what I meant to say was, that if you clip off the wee hairlets, you will only add strength to their roots, and they'll grow bigger and better (?) every month. But to shave is worse.

The only thing to be done is to leave matters as they stand, and to avoid using strong soaps for the face, and always use the very softest of towels to dry with. And now for your comfort, Miss Neuron, remember there are many men, even in this country, who admire a delicate moustache on a lady, and in Arabia and some parts of Persia they positively prefer the downy adornment, and mention it in their love-songs; but whether or not those songs hold good when said adornment turns stubbly, and sprouts upon the chin, I have yet to learn.

CHAPTER XIV.

ABOUT HEALTHFUL RECREATION.

(Written for Young Folks.)

"All work and no play makes Jack a dull boy."
Old Saying.

THE necessity for healthful recreation and recreative exercises, is now recognised by all, whether parents or teachers, schoolboys or students. The wheel of life cannot always run along in the same groove without getting worn out, and rest and change become now and then imperative.

But rest and change are not, strictly speaking, recreation. There are several points of difference. We enjoy rest and change when we are lucky enough to get away somewhere for a summer or even winter holiday. But recreation we ought to have in some shape or form every day of our lives. I am not talking to schoolboys at present—at least, if I am I have not them only in my mind's eye; as a rule they get too much recreation in proportion to the small amount of work or study they grudgingly get through; I am speaking chiefly to young folks who really do work, and have to work, in factories, at mills, behind counters, in banks, or otherwise at the dreary desk and ledger.

"Palmam qui meruit, ferat."

But even those schoolboys who do not work honestly and fairly to themselves, their teachers, and parents, *worry*, because

they do not like books, and they do not like confinement, and they cannot get their minds to settle on what they grandly term their "studies." They *worry*, I say, and thus do themselves a deal of harm, which judicious and temperate exercise and recreation tend to cure.

Before going any further, reader, I want you to have a clear notion of what the word "recreation" means. It is, as you know, derived from *re*, again, and *creare*, to create = to re-create, to make anew, to reform.

But to re-create what?

Well, I'm afraid I shall have to trouble you with "a wee, wee bittockie" of physiology. Nasty stuff, isn't it? So are all the "ologies." Take it out of you more than quadratic equations can. But what do they take out of you? Ah! that is the question, and that is really the thin end of the physiological wedge I want to drive home. Well, then, to put it easily for you, every portion of the brain is supposed to preside over a certain field of thought, and calculation, and action, and in doing so a certain proportion or quantity of nerve matter, or cells as they are called—or electric power if you like—is used up, and by and bye that particular part of the brain gets worn out and wants feeding. Let it rest, and it automatically feeds itself.

Alluding to these truths I made the following remarks in that excellent publication, the *Book of the Household*. Pray read this. It isn't so *very* dry.

"To trace the nerves of voluntary motion, and even those of the senses, such as sight, taste, or hearing, may be a task of comparative ease to the anatomist, but his difficulties begin in earnest when he attempts to lay the point of the scalpel on certain divisions of the brain, saying: '*This* is the centre of musical power, *this* of the mathematical faculty; in this region dwells the genius of poetry, in this the gift of prose composition,' and so on. Yet

these divisions are there whether we can point them out or not.

"As certainly as the radial nerve governs the visible movements of my thumb and forefinger as I write, so certainly is my mind, while thinking out and composing this paper on recreation, guided or governed by one particular portion—or several working in beautiful unison—of the brain, and moreover no other portions of the brain could be so employed or do the work. But, if I presently lay down my pen and take up my guitar, the music I shall elicit therefrom is due to forces emanating from a different region of the brain or great nerve-centre, from that which commands the flow of literary composition, so that the latter region—after I have been playing for, say, an hour, is *rested*. It has been idle for a time, it is less congested, the nerve cells have been renewed, the region has fed itself, so to speak, and when I once more commence work, my ideas not only flow more freely, but in a purer and more healthful stream.

"It is evident enough, then, that if we would have *all* regions of the brain healthful, those regions must take watch and watch as sailors do at sea, or as stage horses do in relays. Were the same sailors kept at work all the weary four-and-twenty hours, or the same horses kept on the drag through all the mileage of a long journey, how thoroughly fagged out and beaten they would be!"

This, then, is the physiology or the common-sense of the science of recreation.

The choice of recreation.

If, as we have seen, the main object of recreation is to rest that region of the brain which is fagged out with work, and to exercise other regions, it is evident enough that the sort of recreation necessary for health must differ in different individuals; in accordance with the kind of work, mental or bodily, in which they have been engaged.

For example, I myself, after a hard day's study or literary work, find recreation in music, or at any hour of the day I can rest my brain for a short spell by picking up an instrument or sitting down to the piano; but an organist or violinist just returned from playing in church or at a concert, would certainly have to seek for recreation from other sources than music.

Some people make a mistake in this way. They never think of recreation, or even exercise at all; they jog along at their work all day, and when evening comes, they will tell you they are glad enough to get to bed. Very likely; sleep is their recreation, the sweet restorer of their wearied limbs or brains. But that sleep, let me tell them, would be ever so much more sweet and refreshing if they had an hour or two of wholesome exercise or mental recreation during the evening, more especially if accompanied with amusement and hearty laughing.

Others will tell you that they have no need of exercise, they "trot" about so much all day at their work. But exercise like this lacks the healthful element. It is minus soul: it does as much good as, and no more than, a few hours spent daily on the treadmill do to the convict.

There is still another class who inform us they never feel the need of exercise or recreation. They don't want to bother taking either. I do not care how old or how young such individuals are, but I can tell them they are getting aged fast. Their minds are lethargic, their souls steeped in apathy; one of these days they will have dyspepsia, and that is the beginning of a thousand ills.

Hobbies.

Hobbies, if a child is honest and determined to do well by his pets or his garden, occupy the evening hours very delightfully, and pass away time that would otherwise hang heavily on the hands and mind. It is the evening hours

that in an especial manner should be healthfully and pleasantly employed, because it is during these that temptations are so apt to assail a young man; but if his attention is occupied in his garden, or romping with his pets, or repairing their abodes and seeing to their comfort, no evil can come nigh him. Parents, therefore, should see that their children adopt hobbies of some kind, and all the better if each child has his own or her own particular fancy.

Believe me, my dear *materfamilias*, your boy will never come to harm, nor think evil thoughts, while spending the evening over some healthful hobby, if it should be but a bit of honest carpentering or birdcage-making, rabbit-hutch building, or putting window-boxes together. The Evil One never comes anywhere near a lad if so engaged. The Evil One hates work as he hates holy water. He may just look in at the door once in a way; but if he hears the sound of plane or saw, "Oh," he says, "you're busy, are you? Well, it doesn't matter much, I can call later on." No, unhappily, it doesn't matter much; he has only to go to the corner of the street, and he'll find plenty of idle "loons" ready for anything. For Dr. Watts knew a deal about human nature when he wrote those lines:

> "The Devil finds some mischief still
> For idle hands to do."

Overdoing it. One may injure the health by taking too much recreation. All play and little work entirely unfits Jack for successfully fighting the great battle of life. The brain can be trained to meet and overcome difficulties just as the limbs can be trained for leaping; but let either lie fallow, and instead of wholesome, energetic nerve and brawny muscle, you get

stuff that is good for nothing—fat instead of good red flesh, and brains with no more thought or energy in them than that in the marrow of a ham bone.

If you want to be healthful and happy, therefore, time yourself.

"In books or work or healthful play
Let your first years be passed,
That you may give for every day,
A good account at last."

I don't know who wrote that verse. There isn't a vast deal of poetry in it, but there is common sense.

Variety in recreation.

This is just as necessary as variety or change in diet. He is a poor bird who can only sing one song. Learn games, go in as heartily for cricket, football, hockey, golf, and as many other recreative games as you can think of, to say nothing of two or three fads and fancies in the hobby way, as if you were learning a trade by which you eventually had to make your living.

If you have been at school all day and really working, instead of playing or "foxing," or if you have been at the counter or desk, it is your muscles that want stretching, but especially do your heart and lungs want invigorating. Away you go then into the free fresh air; walk or run or ride your cycle. But do neither half-heartedly. Your blood wants revivifying, and that can only be done by copious draughts of fresh air. Yes, I know what you would say—of an evening, after being at work all day in a stuffy shop or dusty office, you feel languid and weary. The very cobwebs seem to have got entangled in your brain, and your mind feels as if darkened with office ink.

But here is the cure for the cobwebs, a good long brisk walk or cycle ride. Away and away and away, out among

the trees, the birds, and the wild flowers, each and all of which are redolent of the health you ought to have, and would have if your blood were purer or freer from carbon.

Don't recreate alone.

No, don't do that; have a companion, one who can sympathize with you in your schemes and ambitions. And just a word here of warning and advice. Be brave enough to indulge only in sinless conversation during your rambles. I don't wish you to carry a long Pharisaical face on you, nor to shake your head and groan at the wickedness that you may see around you. Be young men of the world, and as such bold and honest. Honest enough to yourself, and to Him who made us all, not to indulge in talk that tends to grieve the Spirit of Good, which hardens your heart, blackens your soul, and weakens, yes, positively weakens, your body. Have I not often said, "As your thoughts are by day, so will be your dreams at night?"

Evening pastimes for bodily workers.

By bodily workers I mean young men who have been hard at labour in the fields all day, or driving and grooming horses, etc. I am sorry to say that most of these who are over the age of twenty rejoice—if there be any rejoice in them—to spend the evening loafing about and perhaps smoking, or even doing worse. They ought to join a young men's club, to play non-betting games of draughts, bagatelle, etc., and to ride. If not too tired they might join a gymnasium, or better still, because it banishes *ennui* and fatigue, a swimming club. Learn to swim well, on side, or breast, or back, to tread water and to dive. You never know when or where swimming may save your own or another's life.

Well, now, I hope I have at least succeeded in showing

you the true meaning of the term recreation, and explaining its physiology. If you want to get strong or stronger, so as to be able to get through your work easily all day and enjoy recreation in the evening, I most earnestly advise you to lay more stress on the obedience to Health's Golden Rules than I fear you do.

Listen. Why not make a better allotment of your time than you do?

I don't want to dock you in your hours of sleep and rest; indeed, boys sometimes do not have enough. But you ought to turn in by eleven, after *well washing* feet and hands and face. Sleep on a hardish mattress or in a hammock, with not too much clothing. Well, if you turn out at seven, you will have had eight hours' sleep, and this is ample. Now wash well. Then *tub*. Then take a fifteen or twenty minutes' spell of dumb-bell exercise in the backyard, a walk, and your breakfast. You will feel in fine form to feed after the bath and dumb-bells. You may use Indian clubs—light ones instead, if you choose. Mind who is behind you, however. Don't knock Sarah Jane down as she comes out to dust a mat. But whether you use dumb-bells or clubs, go through the motions and exercises as laid down in books, so that every muscle in the body may be benefited. Have a good luncheon. No counter scraps; no vile sausage rolls or sawdust sandwiches; no beer, no 'baccy. One cup of tea in the afternoon and a luncheon biscuit, a good walk before dinner, a good wash, a good dinner, then *recreation*.

This, with purity of thought and avoidance of bad habits, will in time cure the nervousness that so many boys, I'm sorry to say, suffer from.

In conclusion, you will do yourself good, and improve your health, if, instead of thinking so much about your own

happiness, you try to do some good to others every day. Doing good is most healthful recreation.

" Try to make others better,
Try to make others glad,
The world has *so* much of sorrow,
So much that is hard and bad.
Love yourself last, my brother,
Be gentle and kind and true,
True to yourself and others
As God is true to you.'

CHAPTER XV.

SCHOOL LIFE AND STUDY.

(*Addressed to Mothers and Boys as well.*)

I AM glad to say that my title gives me the privilege of talking, not only to schoolboys—whose work, by the way, can hardly, as a rule, be truthfully designated as study—but to their parents, to students at colleges and universities, to teachers themselves, and last, but not least, to those pushing and energetic young fellows who endeavour, very often most successfully, to educate themselves after the labours of the day are finished. Some of the best men of the day, among doctors, scientists, civil engineers, and clergymen have been self-taught. All the more honour to them that it has been so.

It behoves me, however, to deal with the schoolboy first. Being young, he wants, far more than any other class of learners, the kindly firm hand of guidance and good advice.

I ought, however, to premise, to candidly state at once, my conviction that the whole system of State education is rotten at the very core, is a mere make-believe, a mere off-put, and that children, as a rule, learn little at schools with the exception of reading, writing, and a modicum of arithmetic, to aid them in fighting the great battle of life on which they have so soon to enter. The real education of

a boy generally commences after he leaves school; but this should not be so.

Parents nowadays have so little time left them from the struggle of getting ends to meet, to attend personally to the education of their children, or even to supervise their work at home. And at school, the nonsensical and unhealthful habit of trying to teach boys a little of everything rides rampant. What is the good of a little French, a little geography, a little history (peppered over with dates), or a little music? It is all forgotten as soon as life is entered. And the things the lad ought to have been taught at school, manly habits, morality, and the exercise of sound judgment, all three fixed on a firm religious basis, have been neglected. The study of health too, or rather hygiene, has been omitted, and, worse than all, the elements of physiology, so that a poor boy is hurried into the battle of life with the precious burden of his own existence on his shoulders, without ever having been taught the simple mechanism of his own body and system, without a chart, so to speak, to show him where the shoals in the ocean of life lie, or the rocks on which at any moment his frail bark may be dashed to pieces. Says an American medico: "The element of self-control and guidance in culture is quite as much a moral as an intellectual one. The boy is taught how to control his hand in writing or playing, his voice in speaking or singing, and his organ of language in writing theses. He is *not* so taught, however, in regard to the use of his moral faculties, his affections, emotions, and passions; nor is he shown how a want of self-control, whether in the form of caprice, indolence, good-nature, affection, or ambition, even when veiled under the aspect of duty, may take away the half of the value of his talents and knowledge."

Now parents of school children, whether these be at day schools or coming home but once a term, when they

notice that their lads are somewhat pale and listless, jump to the conclusion that they have been studying too hard. But it is not in a boy's nature to study too hard, though at times he may be over-driven by an over-zealous or crotchety teacher. You may drive an ox to the water, but you cannot make him drink, so that the over-driving of school children does little good in any way. But as certainly not over five per cent. of our boys pay quite as much attention to their lessons as they ought to do, parents would do well to look for other causes than study when they see them pale and quiet. This would be a case in which the family physician should be consulted, or, if it be a large public school, the doctor who attends the school. I think the latter will tell you that inattention to the laws of health, and sometimes other causes that need not be mentioned, are accountable for the majority of cases of chronic illness at schools.

Teachers err greatly, however, in expecting one boy to work as hard as another. There are differences in brain power or capacity. To use a familiar instance, a farmer does not expect to thrash as much wheat or oats with a one-horse mill as he can with a three.

Another thing teachers should note is that a child's mental power is not always the same; it alters with the time of the year perhaps, and with the weather. Fatigue, too, should be taken into account. It is impossible for a boy to work so hard, if during the mid-day recess he has been tiring and over-exciting himself with games in the playground. And indeed the games played during this recess should be always of the least exciting kind, else they do positive harm instead of good.

On the other hand, it is notorious that at most private schools discipline is exceedingly lax, and there is no such thing as punishment proper for neglect of school duties

or inattentiveness. I say this: that the tawse, the cane, or the birch should no more be used indiscriminately to boys than to puppies; but for their own sakes and for their future welfare, both need chastisement at times. At private schools often enough the teacher is positively afraid of the pupil. He submits lessons for the lad to learn, he almost begs of the boy as a personal favour to attend to these, for if he talked to him in any very decided tones the boy might cry. Dreadful! Then the boy might tell his mother, and the mother might call the teacher harsh and cruel and take the lad away. But if it is for the child's good that he should attend to those exercises, the teacher, if he be honest and independent, will see that the boy does so by fair means or the other way. I would not give a pinch of salt for a lad, who could not take a licking if he knew he deserved it. Let the boy be punished on the hands however. No "flogging." In the north, and, as far as I know, the south of Scotland, such a shameful punishment was never attempted. It is demoralising in the extreme, and the teacher who adopts it ought to be tarred and feathered.

Only, parents and teachers, especially parents, ought to bear in mind that a child left to the freedom of his own will would hark back to savagery. He would learn nothing, he would seldom wash himself, and he would never take a bath. Nor do we do our duty towards him if we do not compel him to do what is right, and what is for his future good, until the doing so becomes a habit, and the habit a second nature. If you pander to his likes and dislikes, you are but toadying to the innate savage within him, and you might just as well let him paint his skin at once and run naked and wild in the woods.

I sincerely trust that what I am writing may not be misunderstood by my readers. I care absolutely nothing

for the opinions of teachers or other grown-up folks, but I do not wish my young readers to imagine me a tyrant. I am not. I wish British boys to grow up good and hard and bold, therefore I speak my mind to them freely and fearlessly.

But, boys, you can do a deal yourselves while at school to maintain your health—for, mind you, you cannot be happy without being healthy. Nor can you be healthy if you are not happy. Very well; you can't be happy if you dawdle for hours over sums or exercises that could be mastered by you in a very short time, if you tackled them in true British style. The secret is to bring your mind, your whole mind, to bear upon the work before you. Very difficult I know, because the thoughts will wander at times in spite of all we can do.

I. But what I want you, for your own future good, to do, is to acquire certain habits, and if you keep those up for a certain time they will become as natural to you as throwing a stone at the grocer's cat.

II. The habit of *attention* to the work before you is one you ought to struggle very hard to acquire. When you have acquired it, morally speaking, you will be a head and shoulders taller than the fellows who haven't.

III. Try to get a hold by the right end of that sacred word *duty*. Don't forget you have while at school a duty to perform to yourself, which, if faithfully performed, will tend to remove many a thorn from your future path in life; a duty to your teacher, who is trying his best to do you good; and a duty to your father, who perhaps has to work late and early to keep you and your brothers at school, and you won't always have that good kind father—for though the young may die, the old must.

IV. We Scotch boys used to have to learn a very large proportion of the Bible by heart. Not such books as

Numbers or Leviticus of course. Well, I remember a text that it would do you good to read, because that one verse teaches the whole duty of man—*Micah* vi. 8.

V. I hope you are well fed at school. Try to arrange it, so that you do not come in to a meal right off the playground all hot and tired. There should be an interval of rest. It is so important that you should have good food. You are growing mentally and bodily. Eat slowly, and you will insure good digestion. If your teacher does not tell you to do so, he cares little for you. But he should also explain the *raison d'être.* For if the food is not only well broken up in the mouth, and well mingled with the salivary juices, the stomach has not the power to digest it properly, so it ferments, causing acidity, wind, and a lot of mischief. Then you get sallow and thin and so forth, and your mother thinks you've been over-studying. You and I know better, don't we?

VI. Do not eat between meals. Beware of sweets and sour fruit. Fruit in season is really good, especially if eaten with milk. Out of season or unripe, it is poison. Don't I remember how Farmer Donald once told me and another lad, to go into his garden and help ourselves to gooseberries. They were rather green, but between the two of us we must have stowed pints away. But oh, the terrible thereafter. "That boy," said my dear mother to my father, "is studying too hard." I placed my hand on my stomach and groaned.

VII. Stick to solid food as much as possible, with plenty of milk and no tea.

VIII. If you *can* have a tub every morning, have it. If not, wash all over and rub well dry.

IX. As for the proper amount of study, your teacher will see to it, and I don't think there is the "littlest wee bittie" of danger of your overdoing it.

X. Avoid excitement while at play. Sunshine is very excellent, but playing at games that need strength, and running under a burning sun have ruined the health of thousands.

XI. Acquire the habit of getting to sleep, or at least remaining quiet till sleep comes, as soon as you lie down. Don't romp and play till the morning; I like lads to be brisk early. That is the time for a bolster fight.

XII. You and your teacher both should remember that judicious exercise in the fresh air is life. And there should always be life in it; some object. How I pity those double strings of boys or girls I meet so often while at the seaside! What a stupid, purposeless and useless attempt at giving healthful exercise!

XIII. Military drill is capital exercise, so are gymnastics, dumb-bells, and clubs, if taken out of doors. Dancing is better than anything. Don't imagine I mean waltzing, or quadrilles, or any other species of refined ball-room romps, but real dancing—though it has not yet become universal in the south. The dancing Burns refers to in his immortal poem, "Tam o' Shanter," when he says "Nae" (pronounce "nay" please)—

> "Nae cotillion brent new frae (*fray*) France,
> But hornpipes, jigs, strathspeys and reels
> Put life and mettle in their heels."

XIV. I think it is the duty of our ever-busy and hard-working County Councils, to see that seats and desks in schools are arranged in a manner conducive to health. At present they are frequently really and truly to blame for a good many internal complaints, notably dyspepsia and liver disturbance. Both seats and desks should be suitable to the age and height of the child, the former low enough to permit the feet to rest on the ground, with a good back rest

and easy bottom. The seats should not be too far from the desk, nor should the desk be too high nor too low. It ought to be moderately sloped, and in a position to receive the light.

I think it would be a good plan to have writing desks or reading desks, at which during school hours a boy might *stand* at times, for sitting always is wearisome.

XV. With ventilation boys have nothing to do, but I may say that, considering the foul air boys have often to breathe, I do not wonder at many of them being sickly. Now, boys, above all things learn at school something of self-control. Be temperate in all things, and avoid *bad habits* as you value your lives. We are told in scripture that if we "resist the devil he will flee from us." Do try, lads; and remember this, if you have any pet sin, one good victory over it will pave the way to ultimate triumph.

XVI. A word to University students. Your temptations are great too. Well, you have a stiff hill to climb, and you must have a stout heart if you are to climb it successfully. You will do well enough, I do not fear, if you make it a habit of having hours to yourself of calm meditation. Nothing I know of does so much good as this. All the great men now on earth have cultivated this heavenly habit. Remember, your bark of life is entering on an ocean that is altogther unknown to you, unless you give many a half hour to serious thought and meditation.

Medical students and others would be consulting their own interests and future happiness, if they would but spread their duties over the whole curriculum. It is far better than the plan of idling and playing half the time and cramming for exams. at last.

The true science of medicine is only to be learned at the

bedside, and that of surgery in the operation theatre. Anatomical lectures with demonstrations are most valuable; so is practical chemistry. Lectures on medicine, physiology, etc., without ocular demonstration are simply a silly farce. You learn far more in books in half the time, in your own quiet study. I for one, and I am sure there are many thousands like me, could never—without taking notes, which I used to do most religiously for the first two weeks of the session—remember any part of a medical lecture for half an hour, or the next lecture drove the last out of my brain. No, young men, read and study at home and at the bedside, and you'll pass with credit if not éclat.

To the self-taught students, those who "grind" and study at home after working hours, I beg to say I have the greatest respect for you. But pray look ahead and have a definite object in your study. Consider the *Cui bono.* And don't forget that your studies must never interfere with your sleep or your appetite. The body must be supported by good food, and the nerves calmed and nutrited by sound sleep, else the mind will not be clear, and all your labour will be either in vain, or productive only of ill-health and wretchedness.

CHAPTER XVI.

STAMMERING AND STUTTERING: HOW TO CURE.

Now before considering the subject of stammering, and giving some common-sense advice as to its treatment, I want to warn my readers against trusting themselves to the tender mercies of the *quacks* for this especial department. There are quacks for every department of chronic ailments. Even deaf people do not escape their harpy-talons. Wherever there is sorrow or illness these scoundrels crowd round, as do the vultures on an Eastern field of battle, and their object is precisely the same, to pick the bones of their victims and gorge themselves.

By quacks poor people are fleeced by the thousand. I well remember the case of an unhappy man in a Highland parish where I resided. He was deaf, but had not always been so. Unluckily for him the minister of the parish stumbled over an arrant quack's advertisement, and on behalf of the man opened correspondence with the fellow. The minister was a clever man, who had taken the highest honours at his university, but the quack was cleverer than the quondam "bursar." A cure was promised, but the patient must come south, and stay beside the *soi-disant* doctor for some weeks. His fee was to be £20, and added to this would be the patient's board and lodging and also the expenses of the journey.

But the poor are very good to the poor, so as the minister

himself put down £5 to be given to the subscription, the parishioners soon subscribed up to £30. Poor Donald Og departed rejoicing, and full of hope and joy.

Och! and Och! as they say in the Highlands, it was the same sad old story. At the end of three weeks Donald was no better, and the quack needed £30 more, "to complete the cure." He might just as well have solicited a thousand. So honest Donald returned to the glen, *stone* deaf now, and died soon after of a broken heart.

So pray beware of the great "vampire" quack in every form and shape.

An impediment in the speech, as it is usually called, is a very great drawback in the career of any young man, more especially if it had been intended that he should enter one or other of the professions. He simply can't unless he is lucky enough to get cured.

There are many degrees of this complaint, stammering or stuttering, from the simple dwelling for a second or two, on the first consonant or first vowel in a word to the staccato-like repetition of certain first syllables, which the poor patient "ca-ca-can't gug-gug-gug-get out for did-did-dear life itself." The evident distress, too, and the feature contortion, are painful to witness.

Now impediments in speech may be of two kinds; first that which is caused by the malformation of the organs of voice, and secondly that which is functional, depending chiefly on embarrassment and nervousness.

The organs of voice and speech are the vocal cords and the machinery, if I may so call it, of the mouth itself, and in cases of impediment of speech of the first mentioned class, either may be in fault.

"If," says Mr. Richard Coll, "the patient finds a difficulty in producing voice, and when formed has no control over its continuance or pitch, we may refer the defect to its

organ, when it will be found to exist in the *glottis*, where all power of volition is either uncertain or lost; and on the contrary, if there be *no* difficulty in producing voice, but merely a want of power in giving to that already formed the characteristic proportions of lingual utterance, the defect may be referred to the organs of enunciation."

I fear I shall have to put this a little more plainly to the young reader. The *glottis* then is the opening of the windpipe, and it is here, just within that movable lump of cartilage in the front of your neck called Adam's apple, where the vocal cords are placed, and these vocal cords form a perfect musical instrument. They are presided over by nerves that, to speak roughly, shorten or widen the orifice according to the note you want to produce, and these nerves, in any one who can sing or even talk well, are entirely under the control of the will. Well, if this power be deficient, the patient cannot produce voice, the glottis takes charge. But if not—if the vocal cords *are* under the owner's control, but he stammers nevertheless—some portion of the mouth must be defective.

That is—and this brings me to the second kind of stammering—unless the sufferer be able to read or talk well enough when alone and not nervous. If he can do so, and merely stutters when in public or talking to any one, then the case is functional.

If the defect lie in the organs of enunciation, which include tongue, teeth, palate, uvula,* and lips, it is just possible that a surgical operation of some sort may be necessary. But as cases of stammering or speech-impediment from malformation of these organs are very rare, I do not mean to go further into them. I may inform those

* The uvula is the small hanging tongue l ke thing you can see when looking with a mirror inside your throat.—G. S.

interested in cases of this sort that there is in London a hospital where such cases are treated.

As stammering or stuttering is a disease that cannot always be successfully treated by the patient himself or his friends, in all bad cases he or they should see that the best medical advice possible is obtained.

But much may be done at home, as I shall presently show you.

I may add that the earlier in life treatment is adopted, the more likely is it to prove successful. On the other hand, I have known cases in which the ailment or defect did not occur till the child was well advanced in the teens.

But it may comfort some sufferers to be told that out of 1,000 cases of stammering and stuttering, notes of which were taken by Dr. Abbotts, nineteen-twentieths—a very large proportion—were referable to medical or general causes, including debility, spasm or paralysis of the muscles of the tongue or larynx, excessive salivary secretion, or to nervousness, etc.

The number of causes here mentioned, to say nothing of those included in the "etc.," will convince any parent, or even any child, that in home treatment cannot lie much hope, until a consultation has first been held with a physician —a specialist if possible—and the cause of the trouble found out.

The same treatment is indicated for stuttering as for stammering. This last is characterised by a difficulty in getting out the vocal sounds, and its seat may lie in the larynx, or at all events well back in the mouth, while stuttering again is identified by the did-did-difficulty of pup-pup-pup-pronouncing the words.

"Consonants," says the great physiologist, Dr. W. B. Carpenter, "are naturally divided into those which require a *total* stoppage of the breath at the moment previous to

their being pronounced, and which cannot therefore be prolonged, and those in pronouncing which the interruption is partial, and which can be prolonged like the vowels. The former are termed *explosive* consonants, the latter continuous. The explosive consonants are *b* and *p*, *d* and *t*, and the hard *g* and *h*. The rest are continuous."

"The study," he adds, "of the mode in which the different consonants are produced is of particular importance to those who labour under defective speech." There is in stammering or stuttering "a want of proper control over the muscles concerned in articulation, which are sometimes affected with a kind of spasmodic action."

Hence, reader, the facial contortions.

"It is," he continues, "in the pronunciation of the consonants of the explosive class, that the sufferer usually experiences the greatest difficulty; for the total interruption to the breath which they occasion is frequently continued involuntarily, so either expiration is entirely checked or the sound comes out in jerks.

"Sometimes, on the other hand, in pronouncing vowels and continuous consonants, the stammerer prolongs his expiration without being able to check it. The best method of curing this is to study the particular defect under which the individual lies, and then to make him practise systematically the various movements concerned in the production of the sounds in question, at first separately and afterwards in combination, until he feels that his voluntary control over them is complete."

Those words, "voluntary control," in the Doctor's last sentence are worthy of study. For we must remember that it requires an effort of the will to cause action in any group of muscles, small or large, that is governed by the voluntary nerves, but that after a time we are quite unconscious of having made any effort to cause their action. See how

awkward a beginner at dancing is for example, or in playing the violin; the effort of control is made with difficulty, even painfully; but when dancing or playing has become a habit, we are quite unaware of having exerted any will power. Thus it is also in learning the unusual sounds of a foreign language, and thus it will be in overcoming stammering until the habit of right pronunciation becomes a second nature. Our main hope of a cure lies, I believe I am right in saying, in this constant practice with the explosive consonants and vocal sounds in which the defect lies.

In cases of nervous stammering, the patient himself will often notice that he is worse in damp foggy weather than he is when it is more bracing or genial.

Now I remember a case of stammering that came on in what some will consider a strange way, though it admits of explanation apart from the supernatural. Little Donnie Young "manted badly." "Manting" is the Scotch for stuttering, and young Jack Davidson, who went home from school with him—a longish distance across country—used to mock and imitate him. Poor Donnie was a sensitive boy, and he was crying bitterly one day at Jack's treatment, when a so-called "witch wife" that all boys were afraid of met them. She soon found out the cause of the tears, and rated Jack severely. "Before sax months are ower," she said, "he'll be better and ye'll be waur (worse) than he is i' the noo (now)." And it turned out precisely as the witch prophesied. The facts are that Donnie was rather a favourite with his teacher, who took some pains with him, and that he grew stronger and got over his nervousness, while Jack's imitative exercises became a habit, and the habit a second nature. But I never heard that Jack got over it. Parents and those in charge of children should be most careful to prevent, by every means in their power, other children from imitating an unfortunate stammerer, for the ailment is far

too easily acquired in this way. It is no judgment from Heaven, as the Scotch peasantry believe it to be, but simply natural. Imitation very soon becomes a reality as regards voice sounds. I do not believe, for instance, that any child or young person could remain long either in Ireland or America, without to some appreciable extent acquiring the Irish brogue or Yankee "twang."

Dr. Abbotts warns mothers and nurses against the silly habit of talking jargon or nursery English to young children. Stammering has been of late years much on the increase, just as nervousness has been, and nothing should be omitted by those in charge of children to teach them to talk and articulate.

As regards cure then, and in the great majority of cases this is accomplished by care and good management, not only should the child be constantly practised in pronouncing the letters or sounds that cause the defect, but his general health must be attended to. In many cases the child may not be so weakly, however, as is supposed. He knows his defect, it must be remembered, and the very thought of having to talk, especially before strangers, preys on his mind and makes him nervous, and this nervousness increases when he begins to talk, and brings on the contortions and the stuttering. Never, therefore, permit a child to continue his attempts at pronouncing a word or its first letter; let him commence the sentence again after a pause and talk very slowly. Let him always take breath before the difficult word. He must be dealt with very gently, and must know you wish to cure him, so do all in your power to put him at ease, never for a moment losing temper or appearing weary in your well-doing. If the boy has any taste for music, exercising the voice daily by singing will not only strengthen it, but tend to breed confidence in himself.

As to the general health, he must be well fed. But

swallowing a certain quantity of food, however nutritious, will not tone the body unless daily exercise, daily ablution —the morning tub—and plenty of time spent in the open air in as happy a way as possible are attended to.

Sometimes a course of massage may do good: so would a change to purer air, if practicable.

Iron may be given if the lad is pale-lipped and delicate-looking. And lastly, cod-liver oil and extract of malt are sure to be beneficial.

Give the child hope; it is a blessed medicine. Let him be assured that if he does as he is told he will after a time be able to talk as well as, if not better than, other children.

I may add that, unless a boy has a happy home, and is treated with kindness and sympathy by those around him, his chances of ultimate recovery are considerably lessened.

In the beginning of this chapter I warned the reader against quacks; at its conclusion I beg leave to remind him of the advantages that must accrue from getting medical advice at the commencement. And this had best be had from a specialist in such cases, such as those found in attendance at a London Hospital for Affections of the Speech. Failing this, the boy should be examined by the doctor resident in the place where the sufferer lives.

Why I advise a specialist, is that he sees so many cases, while a country doctor may not have given advice on such an ailment for many a long year, nor kept up his knowledge on the subject.

But very many of our readers reside in far-away rural districts, and even in outlying islands where no medical men are to be seen—the minister or parson usually doing his best for his people in their trouble. It is these readers I have had chiefly in my mind's eye while writing this chapter, and I earnestly pray it may prove a comfort and help to many.

CHAPTER XVII.

ABOUT OZONE—BOILED MILK.

Ozone.

WHAT is it at all? Well, we hear a good deal about it, and it is supposed to be a kind of *panacea* for all ills. Says *Science Siftings:*

"The name of ozone, which is a concentrated form of oxygen, has a very peculiar fascination for the public. The fact is, that ozone is considered as a mysterious agent, to which all sorts of marvellous properties have been attributed, about which many 'fairy tales' have been told in books and publications, some of which bear scientific repute. Another popular impression is that ozone is a new product, that has only lately come within the ken of scientific men. How far from the truth this belief is, is shown by the fact that, in a lecture now being prepared on the subject of ozone, by one of the leading electrotherapeutists of America, over one hundred and thirty authorities are quoted, some of which date back over a hundred years.

"Although the virtues of ozone have occasionally been exaggerated, there is no denying that it can render many valuable services, not only for therapeutics or sanitary purposes, but in chemistry and in several industries. The employment of ozone will quickly become more general when it will be possible to compress it and sell it in cylinders, as carbolic acid and oxygen are now sold."

In the natural state.

No mother in this country is going to manufacture her own ozone as she does her ginger beer yet awhile at all events.

She is going to look for it in the natural state, and send her children in search of it also. Well, she will find it in abundance at such seaside places as Yarmouth and Ramsgate. But she will find it among the Highland hills also.

Mountain air.

Mountain air is most bracing. To be sure there is not the same amount of daft enjoyment to be had among the hills for our children, as you meet with by the sea. Nevertheless a month spent in the Highlands will introduce them to new forms of life, and I strongly advise that if the annual holiday be spent one year by the sea, it may well be spent next season among the heather.

Or what say you to a quiet month at some farm in the midlands? This all town children would enjoy thoroughly. There is so much enjoyment in wandering along the cool green lanes, in roaming through the solitary woods, in getting lost on a moor, in culling the wild flowers, and hearing the birds sing, that life in the country during the last two weeks of May and the first two of June is quite idyllic.

And it is so wholesome and healthful that I only wonder it is not more sought after.

Town children greatly benefit by life on a farm, especially if they drink plenty of milk, whey, and butter-milk.

Boiled milk.

"A very important question, from the point of view of the nourishment of newly-born children, is whether boiled milk retains a sufficiently nutritive value. Formerly it was universally thought that milk ought to be used in a state as nearly like as possible to that in which it is when issuing from the breast, and uncooked milk was the kind employed for feeding infants. Nowadays, however, since it has been clearly demonstrated that milk may be an agent for the

transmission of various diseases, such as eruptive fevers, typhoid fever, and especially consumption, most authors and physicians agree in recommending that boiled milk only should be given to infants.

"This practice is assuredly excellent from the point of view of prophylaxis against contagious diseases; but it is equally good from the point of view of alimentary hygiene; and, in feeding infants on boiled milk, do they get sufficient nourishment? This question has been examined, with the aid of all the documents which could be collected, by M. Henry Drouet in a little book just published in Paris From his researches, made from the various points of view of physiology, clinical treatment, and microbes, results the general conclusion that boiling does not at all diminish the digestibility of milk, and consequently does not diminish its nutritive value.

"It may even be said that most of the experiments of physiologists tend to show that boiled milk is more digestible than uncooked milk, and that, in fact, the infants who can digest the latter better than the former, are the exception and not the rule. The mortality of children brought up on the bottle has lessened for some years past in considerable proportions. This mortality, which formerly reached the figure of ninety out of one hundred, has been reduced to an average of ten out of every hundred in all the departments in which the Roussel Law has been diligently enforced. In the department of the Eure, the mortality a few years ago was but seven to one hundred. These happy results are plainly due in great parts to the supervision of nurses required by the Roussel Law.

"Nevertheless it must be noted that the superiority of boiled milk has been assented to by most physicians, and that they more and more require the nurses whom they

superintend to feed their charges with boiled milk. It is then allowable to suppose that the use of boiled milk is one factor in the diminution of mortality in infants brought up on the bottle. The only case in which there would appear reason for not boiling the milk, is when the animal which furnishes the milk is well-known, and there can be no doubt about its apparently perfect state of health. Even in this case however, the security is deceitful, for it is known that tuberculous animals have taken prizes in competitions of fat beasts, and that a diagnosis of tuberculosis limited to the teat—a form of the disease especially dangerous from the point of view of the transmission of the malady—is an extremely difficult sort of diagnosis. The conclusion to be drawn is that milk destined for food of infants should be always boiled, without any apprehension of any alteration in the liquid, from the point of view of the preservation of its nutritive value."

CHAPTER XVIII.

THE NURSERY MEDICINE CHEST.

ALTHOUGH I constantly urge the necessity of calling in a medical man in all cases of serious illness, still I do not forget that parents may often be beyond reach of skilled advice. It is therefore as well that a mother should have a little skill in simple remedies. Being able to diagnose a case, and yet unable to relieve or do something at least towards the palliation of urgent symptoms, until the doctor comes, is simply being worse than useless.

I advise, therefore, every *materfamilias* to become the possessor of a chest or cupboard containing a few medicines, and to make herself skilled in the use thereof.

There are many good medicine cupboards in the market, and usually a small guide goes along with it. But it would be better to buy the chest empty, and get your own doctor to choose what should go into it.

In this chapter I will name a few of the more simple remedies for nursery use, but I do not wish you to consider the list by any means complete. However, you may be assured they are safe.

Prevention, you know, is always better than cure, and that greater men than I think so, is evident from the following excerpt from a well-thumbed class book of mine by Dr. Tanner. He writes as follows:

"1. Many of the diseases of early life may be arrested by very simple treatment if promptly applied.

"2. Drugs are often unnecessary when articles of diet can be made to serve as medicines.

"3. A marked disposition exists in infants and children to be affected by some medicines, especially those that exert their influence on the nervous system, such as narcotics and stimulants.

"4. Those medicines only should be employed, the composition and modes of action of which are best known; while of those which are suitable, the most simple and least irritating should be chosen.

"5. We should try to make the dose as small and as palatable as possible, not only from motives of kindness, but more especially because the forcible administration of nauseous physic to the young often does a deal of harm."

MEDICINES DIVIDED INTO CLASSES.

Medicines are divided into classes by therapeutists, or medical men, each class having several properties in common. Alphabetically arranged they would be as follows:—

I.—Antacids. These are used to correct acidity of the blood or stomach, or system generally. Carbonate of magnesia is one, bicarbonate of soda another, and the bicarbonate of potash a third. Their action, however, is merely temporary. They are palliatives, and if persisted in are apt to weaken the blood and cause indigestion and debility.

II.—Anthelmintics are medicines which remove worms, dead or alive, from the system. Areca nut, oil of male fern, etc., are examples.

III.—Alteratives form a class of medicines, the action of which varies and is difficult to explain to the lay reader.

Suffice it to say that they cause absorption of growths and thickenings, excite the action of the skin, and in a general way purify the blood.

IV.—Antispasmodics remove pain of a spasmodic character, although they do not remove the cause thereof.

V.—Astringents assist the healing process in sluggish sores, wounds, etc. Internally they are used for checking over-secretion, as when, for instance, we give chlorodyne (not to children) in diarrhœa, or chalk mixture for the same complaint.

VI.—Aperients and purgatives are the most useful medicines we possess if properly used. They are, however, very much abused indeed, both in the case of adults and children.

If given to children, the very mildest should be used, such as neither give pain nor are followed by constipation.

VII.—Diaphoretics are medicines that promote the action of the skin and cause perspiration. For older children they are at times useful. For young, and I may say for all children, more simple means than medicine ought to be used to bring about free opening of the pores, such as the foot-bath (hot), with warm drinks, a warm bath, or even a vapour bath.

VIII.—Diuretics induce a large flow of urine. They are to be used with caution, however, for only a medical man can tell when it is absolutely safe to interfere with the action of the kidney.

IX.—Emetics. As the name implies, this class of medicine excites vomiting. The best and safest for children are ipecacuanha wine, antimonial wine, sulphate of zinc, or the old-fashioned one of a finger down the throat.

X.—Narcotics. I only mention them to condemn their use by any one saving the skilled physician. Among dangerous narcotics may be classed all the so-called soothing syrups, and probably most of the teething powders, etc.

XI.—Stimulants. These medicines, which at the best can only be looked upon as palliative, are not suitable as a general rule for children, any more than narcotics or anodynes (which relieve pain and thus induce sleep) are. They should be prescribed by a medical man.

Aromatic spirits of ammonia and wine, or to older children, a little brandy, are the stimulants most in use. But I repeat that they must only be used in cases of urgency and under the advice of a skilled practitioner.

XII.—Tonics. There are many good and useful tonics, but probably the best and safest of all are those which partake in some measure of the nature of food, such as cod-liver oil, extract of malt (Kepler's), Parrish's chemical food, etc. Young children seldom need really medicinal tonics, and they are not over safe unless prescribed by a medical man.

WHAT TO KEEP IN THE NURSERY MEDICINE CHEST.

First let me tell you that if the medicine chest be exclusively for the use of the children, I would not advise you to have opium or any of its compounds or preparations, such as paregoric, Dover's powder, laudanum, or morphia, in the box at all.

1. A tiny pair of scales and grain weights to weigh powders.
2. A small pestle and mortar.
3. A graduated dram and ounce measure.
4. A medicine glass or spoon.
5. An eye douche of glass.
6. Strips of ordinary sticking plaster.
7. Court plaster.
8. Various kinds of bandages.
9. A surgical needle or two and thread.

10. A small stick of lunar caustic handy for poisonous bites.

11. A tiny bottle of liquid ammonia for bee stings or bites of poisonous insects like the centiped.

12. A nice india-rubber enema syringe.

THE MEDICINES THEMSELVES.

I want these to be not over numerous and to be simple. Simple and safe is the motto for the nursery medicine chest.

Among *aliments* we should have essence of beef; some good brand. 1. Bovril is certainly one of the best and handiest. 2. Some Iceland moss, or Irish moss. This is very nutritive. An ounce is slowly boiled for three-quarters of an hour in a pint and a half of milk. It is then strained through muslin and sweetened to taste. 3. Lime water is not exactly a nutritive, but a dessert spoonful to a table spoonful put in a glass of milk renders the latter more easily digested. It is procurable at the chemist's. 4. A little good port wine and brandy should be kept in the medicine chest. 5. Cod-liver oil is also invaluable. 6. Kepler extract of malt.

Alteratives. Chlorate of potash and camphor water are about the only two I care to recommend. Chlorate of potash, a dram may be dissolved in two pints of barley water to form the day's drink for a child of about seven; in fever, simple lemonade may be made from lemons and water, with a little of the rind, to form a cooling fever drink.

Antispasmodics. Spirits of æther, with spirits of ammonia, aromatic and camphor water, may be placed in a little medicine chest; but on the whole the doctor only should prescribe this class of medicine.

Astringents. Well, you may have vegetable charcoal. Tincture of rhubarb, useful in some forms of diarrhœa. Or, for simple diarrhœa, a mixture of catechu, aromatic chalk powder, and ordinary chalk mixture. A carbonate of bismuth mixture, useful in many forms of irritant diarrhœa; a mixture of tincture of squills, with aromatic sulphuric acid, useful in chronic bronchitis with great expectoration. Let the chemist put no opium in it. Opium in no form should be given to children. Sulphate of zinc ointment, an excellent remedy in many kinds of sores and abrasions.

Aperients. The best and safest is castor oil. Or you may use sulphate of magnesia or Epsom salts. Or before breakfast in the morning a wine-glassful, in warm water, of any of the bottled salines, such as Pullna water, Franz Josef, Friedrichshall, etc. Don't use the ordinary quack pills.

Diuretics and diaphoretics I have already mentioned, and against narcotics I have warned you.

Tonics are only useful after the more urgent symptoms have gone. I have mentioned cod-liver oil and extract of malt. Well, we have barks and quinine, and also iron in its mildest and less heating forms. Change of air to a bracing climate is perhaps the best form of tonic, because it enables the child to eat and digest good food.

ABOUT PRESCRIBING.

I want just to give the mother a few hints and reminders which may be of use to her, and so help to ward off danger.

I. In books, then, it is the dose for the adult or grown-up person that is always given. Well, the following is the reduction table:

If dose for adult be - - 1 dram or 60 grains.
A child under a year will take but 1-12th or 5 grains.

,,	,,	2 years	,,	1-8th	,, 7½	,,
,,	,,	3 ,,	,,	1-6th	,, 10	,,
,,	,,	4 ,,	,,	1-4th	,, 15	,,
,,	,,	7 ,,	,,	1-3rd	,, 20	,,
,,	,,	14 ,,	,,	1-half	,, 30	,,

etc., etc., etc.

II. Opium in any form is a dangerous drug to give to a child.

III. Many forms of medicines may be introduced into the system by the rectum, when the stomach is very irritable, and the same may be said of nutrients, beef tea and wine being often given thus.

IV. Poultices and hot fomentations are of great service in relieving pain and spasm. So is the warm and vapour baths.

V. Subcutaneous injections should only be administered by the medical man himself.

VI. Always leave well—if it be well—alone. We cannot hurry nature, and we want to cure safely as well as speedily.

VII. Let the child have as much light and fresh air in the sick room as possible. The windows should, therefore, be down, or up as much and as often as possible.

VIII. Night air is only a bogey that annually frightens thousands away from being cured.

IX. Let children's medicines be always made up in a very palatable form.

X. Don't give sweating remedies unless the child can be confined to the room and bed.

XI. Don't forget that both hope itself and cheerfulness, if the child can stand the exhibition of it, are both valuable medicines.

XII. So is sleep, but narcotics are to be avoided unless specially prescribed by the doctor.

XIII. In every case regulation of the diet must be attended to. Little and often is generally the plan adhered to, but you may give too often. In all feverish states, with thirst and heat of skin, the diet cannot be too light. The lightest forms are eggs, milk, beef tea, puddings, etc. An early return to solid food should be avoided. But the little patient's appetite may be the best judge.

Ripe fruit in season is simply invaluable in the sick room, especially grapes, oranges, limes, lemons, strawberries, bananas, pine apples, etc.

CHAPTER XIX.

HOW TO KNOW WHEN A CHILD IS ILL.

I HAVE now to consider some of the more common ailments of the nursery, and how they may best be treated. But as this work is by no means intended to displace the services of the family physician, I must be excused if I give hints only on homely troubles; for in every case of threatened severe illness a doctor should be called in. It will be a saving of trouble to do so, and of expense also, in the long run.

THE SIGNS AND SYMPTOMS OF ILLNESS IN CHILDREN.

Dull and apathetic.

As soon as a child feels somewhat out of sorts, whether it be from the oncoming of a serious illness or merely some trivial trouble, he becomes downcast in spirits. He either lies quiet and still with half-shut eyes and heavy eyelids, or he is fretful at one time and apathetic the next.

In this condition a child may suffer himself to be moved, but probably with bad grace, and he refuses to be amused, and seems desirous only of being left alone. In very truth the child is drowsy from debility or from a slightly congested brain; I do not mean to say that such a state is a sign that the boy is really ill, but, in conjunction with other symptoms, we may take it for granted that he is. I may here remind

the mother that she will learn very little from anything the little patient may tell her, although his movements may be suggestive enough.

Startings and twitchings in sleep may cause some anxiety, for they may be the prelude to a fit of convulsions, although the irritation caused by either worms or teething is quite enough to account for the phenomena.

The pulse as a guide.

I think mothers should know a little about physiology and be able to feel a child's pulse. All arteries pulsate, you know, because the blood is forced from the heart at each of its contractions. But we usually feel the pulse at the wrist, and a very tiny one it is. Hold the patient's hand with the open palm uppermost, then feel with your fore finger about an inch higher up the wrist than the union therewith with the ball of the thumb. If you suppose the breadth of the wrist to be divided into three equal parts, the pulse lies about the union with the outer and middle third. Now what I advise the mother to do is to practise feeling the pulse in health. She can then compare it with that in illness. You will require a stop watch, or a watch with seconds marked. A pulse may be jerky, soft, hard, small, full, rapid, etc. But on the whole, in very young children, it is difficult to judge much by the pulse, unless it be very rapid indeed, with heat of skin and restlessness, when you may be certain that fever is present.

The child's breathing.

When the child is asleep it is quiet and regular, and probably little over thirty to a minute. In very young children it is quicker than this.

Well, here again, I advise you to study your child's breathing in health. I assure you that information gained thus, is more valuable far than any that books or speech can give you.

Of course anything very unusual would soon strike you, such as child-crowing, the noisy pained breathing of croup, cough, very hurried breathing, etc. But by studying the breathing in health, I mean to say that you will be able to detect at once when the child is ill, if there be anything unusual in the sound or quickness of the drawing in of the breath, or even its expulsion.

The tongue, lips, and mouth.

All three ought to be clean, moist, and cool in good health; if the teeth be in good order there should be no bad smell to the breath. If the tongue be white and furred there is something wrong with the stomach whatever it may be The tongue may be swollen, white, and furred and covered with red ticks. This, if scarlet fever be about the place, should put you on your guard.

A too red tongue is indicative of mischief.

A tongue covered with brown fur is a bad sign indeed.

Simple heat of the mouth may be only the resuit of teething, and I want you to remember that we doctors permit no single sign or symptom to guide us in our diagnosis. We must have several.

Probable causes.

When a child is dull and apathetic, with furred tongue and probably injected eyes, if he be old enough to feed himself, the mother may sometimes gain consolation by considering the probable causes. Has he been anywhere to catch any trouble? Is there illness in the neighbourhood and perhaps in the air? Has he caught cold? Was he exposed in any way yesterday? And lastly, has he eaten something that has disagreed with him? The probability is that his little illness may pass away soon, that it is merely stomachic, but in every case the child must be watched.

The state of the bowels and urine.

Once more I beg the mother to make herself acquainted with the proper appearance of the evacuations in health. Her

mission is a holy one, and she ought to omit no means in her power that may serve to guide her to a knowledge of her child's condition both in health and disease. A mother who takes these suggestions in good part is a very faithful one indeed, and one whom a doctor loves to meet. She is honest, straightforward, and sensible, and he knows right well she will also be obedient to the rules he lays down for the recovery of her infant.

The temperature. This is the most valuable aid to diagnosis of any we possess. Your hand or cheek may tell you when there is heat of the skin, but this is by no means an infallible test. So that that good little fairy, called the clinical thermometer, should find a home in every nursery.

Your doctor will tell you how to use it. But I may as well inform you here that the temperature in health of a child is a little over 98° Fahrenheit. If it be over 99° there is fever, slight however, until it reaches or passes 103°, then from this to 105° or over, the indication is that of severe fever and danger.

We thus know when to seek the assistance of the family doctor. For if a child appears to be very ill, crying, perhaps, with pain, and flushed in the face, still, if there be no high degree of fever, as indicated by a rapid rise in temperature, there is no immediate danger.

Other signs of fever would be great restlessness, hurried breathing, and thirst. The rapid breathing would point also to lung trouble.

Loss of appetite should be looked upon with suspicion, and vomiting, if persistent, might point to brain trouble.

CHAPTER XX.

WHAT MAKES BABY CRY.

"The tear fell gently from her eye,
When last we parted on the shore."

Old Lay.

YES, the tear fell gently from her eye, but in the case to which I allude, the lady was not parting with anyone on the shore. Mrs. Moir was a young mother, and she sat at the open window of her snug little parlour in the evening of a warm summer's day, gently rocking her baby in her arms, the tears falling silently over her face. Baby had just dropped off.

She looked up at me wistfully, wofully, as I came quietly towards her, and said almost in a whisper—

"It is the first time, doctor, that he has slept for many hours. He will just fret and cry in his peevish way for hours, night and day, and I can do nothing with him. I am nearly worn out myself."

And, indeed, she looked it, poor thing! I didn't know which to pity most, the child or the mother.

"What do you think can ail him, doctor? What medicine must I give him?"

"Before we talk about medicine we must find out the cause of his trouble.

"He is three months old," I continued, "and he does

not look at all a well-nourished child. In fact, you are starving him!"

"Oh, doctor, I would lay down my life for him."

"I know you would, and that is precisely what you are doing. He is pulling you down, and your milk is not strong enough to support him. It is the miseries of infantile dyspepsia and nervousness—for even a baby has nerves, you know—that are afflicting him. Now I don't desire you to wean him entirely, but he must have the bottle as well as the breast. Two or three bottles he should have during the day, and your own milk at night."

I may tell you at once, reader, that this baby ceased to cry, and soon began to grow healthy and strong, and so did the mother; but thousands of children are starved to death on the mother's milk every year.

It is warm cow's milk, with the addition of hot water and sugar, with a little lime-water, that should be given to baby, according to his age. Be most careful to have the milk from a healthy cow. To make sure it contains nothing dangerous it should be boiled. Two feeding bottles should be used, one being kept in steep, and thus thoroughly cleansed, while the other is in baby's arms.

I must tell you, however, that, as a rule, baby should need nothing but his mother's milk until the first teeth begin to come, and therefore the mother herself should be well nourished. Wine and stout are not needed, however.

Nervous young children that cry much are often greatly improved, by having from half to a whole teaspoonful of cod-liver oil twice or thrice a day. This may help to give them a good start in growing.

A healthy baby, remember, is not a peevish crying child. On the contrary, he should be as happy as a lamb, and spend most of his time sleeping or taking food.

A baby will not thrive, however, unless kept scrupulous'y

clean; but I am sorry to say that bathing and washing are far too much neglected or improperly carried out. If the body is not kept very clean there is no proper action of the skin, and effete matter is dammed up in the blood. A baby soon comes to like his little bath, and seems to really enjoy it. There is not the slightest danger of his catching cold if ordinary precautions are used.

Keep the doors shut, therefore, and have everything handy before you begin the operation. As soon as it is over, and the body is patted and dried with soft towels, he may be dusted or powdered in all parts where chafing is likely to take place. Then quickly and carefully dress, and put to bed with his bottle, if it be near his sleeping time. He will soon drop off, and won't cry for some time.

In washing a baby do not make the mistake of using the water too warm. As he gets older, indeed, the temperature of the water should be considerably reduced. It will not be bracing if too warm, and a child whose nervous and arterial system are too much relaxed will be a peevish child, and always ready to cry.

I need hardly add that you must not bathe him after but before his feeding time. Bathe once a day before bed time, and sponge the whole body with water first thing in the morning. This water should be cooler than the evening bath. The soap must be a very good and mild one.

* * * * *

I do not know anything more likely to make a baby cry than badly-made, badly-fitting clothes of the wrong material. For such garments ruffle up and irritate the skin, and are a constant source of annoyance to the little fellow. To be sure I like to see a baby nicely dressed, but what are ruffles and lace and fur and finery outside compared to comfort next his skin? The best-dressed babies that ever I saw in

my life, and with whom I had the pleasure of shaking fingers were—where do you think? Why, in the interior of Africa. They were as black as the inside of an empty tar barrel, and they wore—nothing.

"Funny little babies
That had got nodings on."

Once or twice a day their mothers—and they themselves wore no superfluities—smeared the mites over with cocoa-nut oil, and once or twice a day rubbed them with water and a soft kind of clay, then dipped them in the warm streamlet, and laid them in the grass to kick and to dry. Well, I don't quite advise mothers in this country to follow Lamoo fashions, but I tell you about these blackamore babies to give me a chance of saying, that a large percentage of our children are killed with coddling. Mind you, these Lamoo babes of the wood develop into very fine savages, indeed, far finer than the ordinary British savage. We might take one lesson from them to our advantage, and let our own babies sprawl and kick about free and easy more than we do.

Our babies must be dressed in woollen clothing, very soft and clean and fine, if they are to grow up hardy and happy with no tendency to peevishness and tears.

A too tight or too loose *binder* often makes baby cry. If too tight he has no freedom, if too loose it ruffles up.

Beware of over clothing. Dress may be warm and still be light.

Beware of coddling a child up too much in its bassinette.

Many young children cry and fret in their perambulators. This is nearly always owing to some fault in dressing. The little chap may be crying because the cold is too much for him, and he is not sufficiently wrapped up to contend against it. Making babies hardy may be all very well, they

ought not to be mere embryo molly-coddles, but at the same time when being trotted around in their silent-wheeled carriages, they are not having quite enough movement to keep up the animal heat. A perambulator journey to a not over-strong child on a spring or summer's day, may be as trying an ordeal to its little frame as a sledge tour on a wild winter's day would be to you or me, reader.

At the same time even in his carriage he should be loosely dressed. Protect his ears with a cap or flannel hood, and his fingers and arms with mits, and give an order that his eyes may be protected from the wind. A baby's eye-sight has often been spoiled, irretrievably spoiled, from even one perambulator journey against a cold wind.

Pure fresh air to a baby is of as much value as food. He can't live without it. In a bad atmosphere or in hot and stuffy rooms he will pine away and become a peevish and crying child, as surely as if he were being starved for want of nutritious food. The room, therefore, in which he sleeps or spends his day or night should ever be well ventilated, and it ought not to be over-furnished. Large articles of furniture diminish baby's allowance of air, while curtains keep it, while at the same time they collect the dust. Cold is a great bugbear. But the room may be well ventilated and still reasonably warm.

The baby is father of the future man. In babyhood the constitution is being built up and the foundation-stone of health laid. Upon that foundation-stone the super-structure is to be built for weal or for woe. It depends upon you, mother, which it shall be. But while health and strength float on the wings of free fresh air, many an ailment, even the seeds of consumption, may float about in a stuffy and badly-ventilated room.

Remember, then, that a peevish child is not a healthy child, and that crying is the only way nature has of telling us that something is wrong with baby.

CHAPTER XXI.

A GOSSIP ABOUT EXERCISE.

I WOULD most earnestly point out to my reader, that if she, the *materfamilias*, does not take care of her own health, it is not she alone who will suffer, but her children, and I may add her husband himself.

For a woman to go on dragging and drudging out her days one after the other, and from year's end to year's end, without a holiday or without proper exercise, is the poorest kind of economy I know of. A mother who does so is seldom well, and she goes on taking medicine, regularly enough—too much so, but neglects exercise which would do her ten times more good.

In order the more easily to impress some wholesome truths on the "slaving" mother, I have thrown them into the form of a dialogue between a family doctor (myself to wit) and his patient.

FAMILY DOCTOR (*loquitur*): "I find, Mrs. Smith, that you are always very ready to take any medicine that I may give you, and with great regularity too. Well, medicine is very good in its way, but if it be not combined with hygienic measures it loses much of its usefulness. It is a different thing, you see, when one has a patient actually in bed. He or she is then passing through a crisis, as it were, and active hygienic measures cannot be resorted to, so we depend a

deal on medicine then, with quiet rest and natural sleep, if it can be obtained."

MRS. SMITH: "Yes, doctor, go on; I like to listen to you. It is like reading a book."

FAMILY DOCTOR: "Well, others are waiting to hear me talk, my dear madam, so you must pardon me if I do not detain myself. I was going to say, Mrs. Smith, that yours is not a bad case. You have simply got somewhat low in condition. The body is below par, so you feel all kinds of queer qualms and aches, and flying pains, and what not. Then the mind sympathises with the body, and you are often dull and hopeless."

MRS. SMITH: "That's just it, sir."

FAMILY DOCTOR: "In ancient times, Mrs. Smith, doctors did not know how nasty and bitter and vile to make the physic they gave to their patients, and the more disagreeable it was to swallow, the more faith folks had in it. In a measure, doctors then cured partly by faith, you see. Well, but although we nowadays make our mixtures not only as delicious to the palate as possible, but even pleasing to the eye, and although we gild or silver-coat our pills, the old faith in physic, and physic alone, is almost as strong as ever."

MRS. SMITH: "True, doctor, true."

FAMILY DOCTOR: "Well, I see you have swallowed all of that last mixture my boy brought you round."

MRS. SMITH: "Every drop, sir."

FAMILY DOCTOR: "And you are not so much better as you expected to be? You needn't answer me, Mrs. Smith, because I know you are not. Nor are you so much better as I expected to see you, and the reason is not far to seek; you did not take one thing I prescribed."

MRS. SMITH: "What was that, doctor?"

FAMILY DOCTOR: "Exercise."

MRS. SMITH (lifting up her hands in slight amazement): "Oh, doctor, you wouldn't say that if you only knew half the running about I have all day long. Why it is upstairs and downstairs, and into this room, and into the next, arranging, dusting, or doing the flowers, and seeing that the maid does her work, till towards evening I am that tired I feel ready to drop, and am glad enough to sink into my chair, and take up the weary darning."

FAMILY DOCTOR: "And you call that exercise?"

MRS. SMITH: "Well, isn't it?"

FAMILY DOCTOR: "Don't be surprised, Mrs. Smith, when I assure you that it is nothing of the sort."

MRS. SMITH: "I *am* surprised."

FAMILY DOCTOR: "Well, listen, and I'll put it in simple language. From exercise we doctors expect some good to flow. Don't we? You admit that, and you will give us the credit of having studied the subject thoroughly. We expect good to flow from exercise, and good does; good to body, good to mind, to health, to life itself. Good restful sleep follows it too. Well, do all these good desiderations flow from or follow the movements you are pleased to designate exercise, your wandering upstairs and downstairs and into every chamber?"

MRS. SMITH: "Well, no, quite the reverse."

FAMILY DOCTOR: "Now that is a true and sensible answer. Your movements and wanderings and trottings about are work; and work is *not* exercise. Work reduces the system; work takes it out of you; well-chosen exercise strengthens the system, muscles, nerves, heart and brain, in fact, every organ in the body.

"The kind of tiredness that follows over-work, is a restless weary one, especially if the mind has been engaged quite as much as the body. Nature is for the time being exhausted, the system generally has been weakened, and

often there is even a loathing of food, and a craving for stimulants, such as tea. Sleep and food, both are needed; but singularly enough the brain can neither rest sufficiently to induce the on-coming of health-giving sleep, nor can the digestive apparatus assimilate food because the nerves are worn out.

"But the kind of tiredness that follows healthful exercise is quite a different sort of thing, for here we have not a worn-out sensation, not a weary condition of the brain accompanied by peevishness, but a gentle languor which is pleasant rather than the reverse; and which proves to us that the exercise has been beneficial.

"Forced work and movement, you see, then, are not healthful exercise, and an hour on the treadmill or an hour at the mangle has each the same deteriorating effect upon nerve and muscular tissue."

MRS. SMITH: "I begin to see."

FAMILY DOCTOR: "I'm glad you do, because now I think we'll get on, and if I can get you to take my advice as well as my physic, you will soon be a different being, especially now that the sweet summer-time is with us."

MRS. SMITH: "Not to interrupt you, doctor, are there not many men, especially some scientists and great inventors, who work away in their laboratories from morning till night, and never take any exercise?"

FAMILY DOCTOR: "There are, madam, and they seem to go on, or jog on very well—for a time. But, believe me, when I say that strictly speaking these men are monomaniacs. They have but one leg to their stool of life, and if this is kicked away, down they come, and they never get up any more."

MRS. SMITH (smiling): "Well, a stool should have three legs at least."

FAMILY DOCTOR: "True. And now that I have explained the difference between work and exercise, let me tell you briefly some of the *sine quâ non* of healthful exercise. And, Mrs. Smith, no one need tell me that this is not within the reach of all and everyone, however hard his or her work may be. As for time you must make that. You must save it some way or another, and, believe me, that so many are the benefits from a health point of view that accrue from systematic, well-chosen exercise, that the work you do in working hours is better done, and becomes in reality a pleasure and not a slavery.

"It is for you, Mrs. Smith, and for everybody who values health, to solve the problem how to save time for exercise. With that I have nothing to do. But take it, everyone must, who desires to live long and to enjoy life.

"Now comes the question. What is the best form of exercise? And I reply that for you, Mrs. Smith, and for tens of thousands of women and men situated as you are, the best form is *walking*. Let younger folks cycle, let wealthier people ride in carriages, or on horse-back, be you content to drive your own pair, the pair that God has given us all—walk.

"Anybody who has the courage to take a cold sponge bath every morning half an hour before breakfast, and a wonderful thing this is for keeping one in health, and enabling one to defy cold, and even infection, may take a short spell of light dumb-bell exercise after it, then a five minutes' walk in the fresh morning air before sitting down to table.

"Two good long walks of a mile each should be taken daily. Make this a habit. The morning and evening walk, whether it be dull or fine.

"In wind or storm, hail or rain.

"Don't wear goloshes let the roads be ever so bad.

If you have a mackintosh put it on only when it is raining.

"The more pleasant the walk the better, so it is best to have a friend to go with you, or a friend to call on when you get there, wherever they may be.

"Don't hurry during your walk.

"Don't think or worry during your walk.

"Three miles a day are better than two, and six miles better than three.

"Begin easy at first. Don't clap on all sail the moment you start.

"Wear light clothing. I want you to be most particular in this respect, and let your clothing be rather loose than otherwise. No one can walk with advantage to health if laced up tightly, the lungs have no free play, and important organs get squeezed and congested, hence the warning stitch. I say if you have someone to call on at the end of your walk, all the better, but don't sit and gossip for an hour, else you lose time that may be far better spent.

"If you want walking exercise to do you real good, and to act as a tonic for both mind and body, then it must be taken in the fresh air.

"Moreover, it must be taken regularly day after day.

"Now, Mrs. Smith, I must go. Others await me, but do, pray, follow my advice.

"Of course, although I praise walking exercise as the best of all for the generality of people, if possible it should be varied at times by cycling or by rowing, swimming, and games of various kinds.

"All those are healthful and exhilarating if taken in the open air.

"Good-bye, madam, I shan't see you again for a month, perhaps, but at the first glance I shall know whether or not you have carried out my instructions."

MRS. SMITH: "How, doctor, pray?"

FAMILY DOCTOR: "Because, if you have, there will be a brighter sparkle in your eyes, more colour in your lips, and a rosy glow upon your cheeks."

CHAPTER XXII.

REST: A HOLIDAY FOR MOTHERS AND DAUGHTERS.

It will be observed that my heading to this chapter says nothing about children. No, if the mother wants rest, if she really is a-weary, she must not think of taking young children with her when she goes for a holiday. But she may take daughters who have been working with brain or muscle, or both, and who really deserve a holiday. It is to work-weary mothers and daughters, then, I specially dedicate this chapter, and I do not care anything for a woman or girl either who can't work, or who will not work. Perhaps some are so rich that they do not require to work? Was that what you said, reader? But such a statement would be absurd. For the wealthier one is the more he or she sees of the world, and the more she finds to do. Then, if she does not set her mind and her hands to doing what is useful and needful, if she prefers pleasure and idleness to doing good, all I can say is, that the world doesn't want her; she may lay this unction to heart—and it is no flattery either—that she belongs to the army of superfluous women. The world, I say, doesn't want such women, and what is more, the world won't miss them when they go. Besides, I do not think that idle and indolent people live long. All philosophers rail against idleness. What did old Dr. Watts tell us about somebody, who must be nameless, finding employment for idle hands?

The great and immortal Cicero puts it strong too when he says, "I consider indolence a kind of suicide, for though the man is efficiently destroyed, the appetite of the brute remains."

But all good people work, and many of us really work too hard, but then we enjoy our little holiday all the more when it does come, just as children go daft with excitement when they are let out of school.

It is early spring as I sit here writing this chapter. The orchard over yonder is all one mass of snowy bloom as far as the pear trees are concerned, the cherry trees will not be far behind. The air is balmy and the sun is bright, and the birds are in fullest song. This is the 7th of April, but though neither pea-bird (wry-neck), cuckoo, swallow, nor nightingale have come yet, my grounds are melodious all day long and far into the night. The robin, like the poor, we have always with us, and a sweet little song he sings; but now we have the mavis and merle or blackbird, and the chaffinch, and I have already heard the soft song of a garden warbler; and morn, noon, and evening the ring-dove croodles high up in the pine trees. And now while the sun shines and fresh is the breath of the April morn, I would gladly be out in my orchard or garden listening to bird-song, and delighting my senses with the sight of the flowers and blossom, but I have work to do, and mean to do it. Will it not be for this very reason doubly enjoyable for me when, having finished, I can feel that I have earned my hour among the birds and the spring bloom? *I* think so.

Most of us look forward to the summer holiday with some degree of anticipative delight. But really if we have not done a good spell of hard work beforehand, we neither need such a holiday nor deserve one.

Well, now in order to be thoroughly practical, I must suppose that many of my readers have really been doing

their duty like heroines—and there are far more heroines in humble life even than the rushing world wots of—doing their duty, and, being sorely fagged and work-weary, feel that they want a rest. The questions I have to answer, then, as well as I can are:—What is the meaning of the word "rest" in its truest sense? Where can rest be found? How must rest be taken? Other questions may or may not suggest themselves to me as I go on. If they do I shall do the best I can to answer them.

First, then, as to the true meaning of the word rest. It may be new to some to be told that rest does not mean simply a cessation of work. So far from this being rest it would be positively detrimental to the health of many. Nature abhors a vacuum. What she really loves is to see the whole of that great machine, the human body, in good working order. It is a very intricate machine you will remember, and is composed of many sections and many parts. But the real workaday portions thereof are the nervous and the muscular systems. The digestive organs merely see after the supplies to those great army of workers, the nerves, the muscles, and the conglomerate brain. The digestive organs I may say constitute the commissariat department, while the heart itself only acts as steward. But the steward's work is very important, for if he ceased to do his duty and hand out the stores, the whole army would collapse. Well, now, for the sake of convenience I may divide human beings—leaving idlers and superfluous women out of it altogether—into two great classes, namely, brain-workers and muscle-workers. I may add that there is or seems to be a third class who work with brain and muscle both, and I shall not forget to say a word to them.

Now it will readily be perceived that what would mean rest to a brain-worker, would not mean rest to a muscle-tired mother or daughter, who has been toiling for long months

at work which has required a deal of movement and exertion. But take two examples. Let them be from humble life. I know two girls that will quite meet the requirements I desire. One—let me call her Jessie Wilson, because that isn't her name—is a busy little bee of a brain-worker. She slaves away all day long in a tiny "pay-at-the-counter-please" office in the Strand. If you go in there of a morning or forenoon you will find Jessie looking as bright as a three-penny bit, and as sharp as a needle. But towards evening she looks weary enough, though she must slave on till closing time, and then hand in her checks. I've often pitied poor Jessie. Well, now, when she gets a half-holiday do you imagine it would be of any advantage to her, if she spent it indoors lying on the sofa and reading a book? Not the slightest. And why? Well, I can tell you. You see it is her brain that needs rest. The brain is worn out and requires nutrition. But a brain in a state of activity does not feed itself, although it is then distended with blood. What Jessie needs is something that will detract or draw away the blood from the brain. Sleep will effect this, therefore is sleep to the tired brain-worker a kind of special rest, because during sleep the blood to a large extent retires from the brain capillaries. During sleep the brain for the time being is no longer the great consumer of nerve force, and the consequent cause of tissue expenditure; there is no longer that pressure on the brain which mental exertions cause, and which prevents the nutrition and expansion of cells. The blood is flowing now in a milder current, bearing therein oxygen and nutritive material to restore power and influence.

But Jessie Wilson cannot go to sleep immediately after she gets home. Next to sleep then, in such a case, exercise is *the* rest she needs. For, to express the idea in the simplest language, movement of muscles, especially those of arms and legs and trunk, causes the blood to flow thereto,

and as the blood cannot be everywhere in the same abundance, and as it always goes to that part of the body where it is most needed, it is during healthful, pleasant exercise detracted from the brain. So exercise to Jessie Wilson really spells rest.

But now I bring my other girl for you to see. We may call her Lily Mavers—pretty name Lily. Yes, and its owner is pretty too, though sometimes pale enough, and oh, so often weary. For she works in a shop frequented mostly by ladies—except when *paterfamilias* hurries in with a ribbon he has been told to match, and hurries out again a few minutes after with one three shades darker. I have been there myself, you know, and ladies are so inconsiderate, and want to see a dozen things they have no intention of purchasing, and keep poor Lily trotting here and trotting there, and taking down back-aching bales from high shelves till she is quite worn-out long before it is closing-time. Well, what is rest for Jessie would certainly not be rest for Lily. She is sometimes almost too tired to walk home, and instead of taking exercise is glad enough to have her tea-dinner and a stretch on the sofa to follow. She finds, too, that to take up a book or magazine helps to rest her. Well, Lily is so far wise, though if she could combine some light recreation with muscular rest it would be better still for her.

But from these two cases, reader, you will perceive that the word rest may virtually have two meanings. If I spent a whole forenoon digging in my garden, I should feel justified in the enjoyment of throwing myself on the couch with a nice book or paper and resting there till tea-time. But when I shall have finished this article I shall consider that I have equally earned some afternoon rest. It will be of a different sort, however; I shall mount my iron horse and ride round the hills, thus combining exercise with recreation and

pleasure, the brain will be calmed, and after my tea I shall be fit to go in harness once more.

I now come to my second question. Where is rest to be found? Well, this question dovetails nicely into my first, because you know a rough-and-ready kind of reply to it would be: "It depends upon what sort of rest one needs or requires."

Brain-workers—and who isn't to some extent a brain-worker nowadays—if they do not have too long hours, if they take judicious exercise never to the verge of fatigue, and if they eat and live so as to secure fairly good sleep at night, get on very well indeed for the greater part of the year. They come back to work, let us say, in autumn fresh and hard, and longing to buckle-to again; the storms of winter had no bad effect upon them, but rather stimulated them than otherwise, and they even managed to bear up against the buffeting of cold spring winds; but when summer begins to come on the climatic change affects them, and the stock of strength they laid up during their last holiday has become exhausted by this time, so they long with an inexpressible, because indefinable longing, for —rest. They are weary. Their brains or bodies tell them in language that is unmistakable that if they don't *take* a holiday a holiday will be enforced. And surely it is better to take a holiday, say, somewhere on the coast where waves break musically on the sea-beach, or down in the green cool country where bees sing love-songs to the blossoming limes, than—an awful thought—have to spend a holiday in bed.

Muscle-workers may go to the country too, or to the sea-side. But whither? In what particular direction? Well, the brain-worker would not be far wrong were she to get up a three weeks' walking tour with some of her companions. I say three weeks under the impression that you have a whole month's holiday, because I am going to

prescribe just one whole week of doing nothing at the sea-side, and doing it with a will after the walking tour is over. The walking tour is of course only one way in which the brain-weary girl may enjoy recreative rest. She might settle down at some country cottage right away in the country, where she would be allowed to do a little gardening and take long daily walks, studying the wild flowers and reading the book of nature, pages and pages of which lie open to us in this fair land of ours, go where we like.

But walking tours are easily got up. Three are enough, because a large party might sometimes be at a loss in villages to find accommodation. I meet, during my caravan rambles, many girls who are on walking tours, and hardy and happy they look. Just a little embrowned by the sun perhaps, but all the prettier for that, and with such natty wee knapsacks and such persuasive little alpenstocks, it is quite a treat to see them.

Those who can afford it might take the steamer to Aberdeen from London, Hull, Newcastle or Leith, and do their walking up the Dee or Don. There are guide-books to both rivers, and they will find themselves as they gaze on the sublime scenery around them, exclaiming with Lord Byron—

> "O England, thy beauties are tame and domestic,
> To one who has roved o'er the mountains afar;
> O for the clouds that are wild and majestic;
> The steep frowning glories of dark Loch-na-Gar!"

Well, but in England there are many delightful places in the Midlands, in Wales, Devon, Cornwall, and the Lake District. Take the train to the district of your choice, and then take Shank's mare and your knapsacks.

I have just read a charming book called *A Mendip Valley*. Why, if rest is to be found in the world, I should think one would find it there.

But in choosing a place at which to spend a holiday for the sake of rest, even if you do not want to do any walking, and if your muscular system is somewhat worn-out, then you require recreation and amusement more than exercise of any sort, you must not let it be a dull place altogether. I cannot say that the tone of the generality of our seaside places is very elevating or very refined, but at the same time, even at a place like Brighton, I would undertake to make a great change for the better in the health of most mothers, or daughters in a month's time; and it would not cost them sixpence in the shape of amusement. Supposing, for instance, that she were one who had been hard at work for all the previous twelve months. Well, she would run down from town with some friend—this would be imperative—because one feels loneliness in a crowd more than anywhere else in the world that I know of. Then she would have to study the rules of health, this also should be imperative. Having secured clean airy rooms with a nice outlook if possible, she must be up betimes and have ten minutes of fresh air before breakfast. She would have had her bath before that. She must live well, but beware of eating too heartily, as one is inclined to do when first coming to the seaside, because this nearly always leads to biliousness.

Having had a good breakfast she should rest for half-an-hour. Then go out and betake herself to the beach or parade. Let her simply dawdle about and learn to do nothing but look about her. I shall not object to her and her friend listening to the negro minstrels, or looking at the mad merry children on donkeys, or the fifty other droll odds and ends to be listened to or looked at in Brighton. She may sit, if so inclined, and read, or criticise the people who pass. Rude, is it? Well, true; but I fear everybody does it on the parade. Then she can sit on the shingle. In fact,

she must permit pleasure to find her, instead of her going hunting for it. This is real recreation and you pay nothing for it, and have all the fresh air and sea-breezes and summer sunshine thrown in. Remember this, "The systematic pleasure-seeker systematically fails to attain his end, and with him one excitement after another turns to gall and wormwood. It is never the gourmand who gets the best dinner, but the industrious son of toil who earns his bread by the sweat of his brow, who, moreover, eats that he may live, instead of living that he may eat. Pleasures must be gathered by the wayside; if we go out of our way to seek them, disappointment is sure to follow." Now, my daughter of toil must also bathe once a day in the sea, at the same time daily, say about twelve. Don't stay in long; and after your swim, dress leisurely, then go home through the shopping streets, just to look at the windows here and there and perhaps pick up nick-nacks. But the best nick-nack you can buy will be ripe fruit, especially tomatoes. Dine at 1.30. Dine well; rest and read afterwards, and go out again in the evening after tea.

If you can get fishing or boating all the better; but don't make a toil of it, and beware of a too hot sun.

Go early to bed. Study regularity in everything except in pleasure hunting; as I have already said, let this find you.

Rest for the weary must be *thorough rest*, and it has got to be *mental* as well as *physical*. In that last sentence I want you to note the three or four words I have put in italics.

Now for the third question: How should rest be taken? I have already answered this partially. I have drawn particular attention to the fact, that what is rest for the girl who toils with her brain is not rest for her who works physically. The former needs *plenty* of exercise, the latter

only little. These both want to be amused to some extent, and both want to be interested.

Here is an excerpt from a recent writer on the subject of rest that is worth remembering—"It is easy enough to recommend rest, but in many cases it will be difficult to carry out the directions. A woman may not be able to take sufficient rest for the duties of the household that fall upon her."

These must be all left at home, reader, and all care and worry too.

"There are a good many people who cannot rest, but there are many who *will* not rest. Many women, for instance, are naturally too anxious and active, or even fidgety to take anything like a real rest. But continuous tension invariably ends sooner or later in restlessness and irritability."

This restlessness must be fought against and conquered, for I can assure you it does not tend to length of days. You cannot conquer it more easily anywhere than at the seaside or during a walking tour. For it is the brain and nervous systems that are at fault.

Just a word in conclusion. Before you pack a single box, lay out all your plans. Determine with yourself what shall best suit your particular case. Plan not only where you are going, but what you are going to do day after day.

And stick to your plan. So shall you have real rest, and come back to your family not only strong but happy and *calm*.

CHAPTER XXIII.

PREPARATIONS FOR SICKNESS.

A MOTHER should certainly not meet troubles half-way—sufficient for the day is the evil thereof—at the same time, seeing that we are born to trouble as the sparks fly upwards, and that sickness comes sooner or later to every family, it is well that the *materfamilias* should know how to meet it, and combat it by every means in her power when it does appear.

The actual treatment of disease, if it be to any degree serious in its nature, must of course, be left in the doctor's hands; but an intelligent mother is the physician's right hand, and at the very least, she ought to know how to nurse her children when ill, and know something about what the sick room itself should be like, in order to give the patient every chance of speedily regaining his health.

To some gentle souls it may come as a gift, but certainly it does not do so to all. I believe that I owe my life to a savage. To her the gift of sick-nursing must have been bequeathed by Nature.

The facts are as follows: I was travelling in Africa, and had wandered far away from my comrades, when I was stricken with fever in the bush or jungle. I threw myself down by the wayside, which was only a hart-beest's footpath. I cared little just then what happened to me. I thought afterwards I had fallen asleep, but it was more probable

that I had fainted. At all events, when I awoke, or recovered consciousness, I was no longer lying under the blazing sunlight in the hart-beest's track, but in a cool tent made from the boughs of the plaintain. I was on a mat of the same material, and my head was raised on a cushion of soft leaves. A rudely-carved cocoa-nut shell was now held to my lips. I drank. It seemed the coolest water I ever had tasted; then I raised my eyes to thank the donor. A young Somali Indian woman was bending over me; she motioned me to be silent, and I lay back and slept again. When I opened my eyes I found an armed Indian leaning on his spear, and looking at me. He made signs that I was quite safe, and I knew I was! Yet our people were at enmity with his tribe. Three days of unwearied attention on the part of my kindly though savage hosts entirely revived me, and guided by the Indian himself I was able to reach camp, where I found I had been given up for lost.

But at the hands of rough, horny-handed men nurses I have ere now received all the well-considered attention, while sick in camp, that I could have expected at home in my own bedroom in England. So, I say, in these days of universal travelling, everyone should know something of the general principles of sick-nursing, for you never know when they may come in useful even to the saving of life itself.

Now, to begin with, in your treatment of a sick person you must at once banish from your mind the notion so very prevalent, that medicine alone can cure. On the contrary, medicine, without gentle and judicious nursing, is often worse than useless—positively harmful, indeed. In the matter of physic, mind you, you must be guided by the doctor's instructions; these must be obeyed to the very letter. But oftentimes it is all but impossible to procure

medical advice and assistance. In such a case, believe me, good nursing is half the battle, if not the whole of it.

There are some things that a sick person must have in order to make good his chance of recovery. He must have perfect quiet, unremitting but unofficious attention to all his wants, freedom from worry of every kind, appropriate food, appropriate drink, and good sleep.

Let us see then how these necessities can best be secured to him or her.

The sick-room itself. It is a good plan when a person falls ill, and when the case is pronounced by the physician to be one sure to be somewhat protracted, and not unattended with danger, to remove the patient from the bedroom, where he usually sleeps, to an apartment better adapted to the requirements of the sick-room. This may not be necessary in all cases, nor may it be always possible or convenient.

The *aspect* of the sick-room has to be considered as well as its position. Light is essential to the maintenance of health, and it is a necessity in cases of sickness. The window, or windows, should face the south or the west, so that not only may there be plenty of light, but the chance, when he is able to be out of bed, of the patient being able to sit for a short time in the sunshine. If the windows have a pleasant out-look so much the better for him when not actually confined to bed, for the time will not seem half so long and dreary if he can see what is going on in the outer world, though he cannot for the time-being mix in it. The bed had better be placed so that the light falls from behind the invalid, not directly in his eyes; this will enable him to read books or papers, if so inclined.

A night-light is often required, and this should be so positioned that it shall neither shine in the eyes nor throw

gloomy uncertain shadows on the walls or ceiling. A bright light is injurious rather than otherwise at night; besides which, lamps smell, and both lamps and gas use up the valuable oxygen of the room. The blinds should never be drawn down by day, unless by the express orders of the medical attendant; in fact, we ought to study to render the sick-room as bright and cheerful as we possibly can. To this end the floor should be always tidy, the blinds, and curtains, and counterpane, spotless and clean, and no unsightly ornaments should find a place on the mantelpiece, nor gloomy pictures nor designs on the walls, and, whenever they can be procured, a few nicely-arranged flowers should be placed in sight.

Ventilation.

The sick-room should be as lofty as possible, for the more pure fresh air there is in it the better. But, however large it may be, it must be well ventilated. For this purpose it is better to have a ventilator in or above the door, but whether this be the case or not, the windows should be opened daily. This should never be neglected. During the time they are open, a woollen covering, if deemed necessary, should be thrown over the bed where the patient lies, to preclude the possibility of his catching a chill. It is not, however, from the daily opening of the sick-room window that the inmate is likely to take cold, but from getting up for a minute or two, for any purpose, without using the precaution of throwing something over the shoulders.

But ventilation does not consist entirely in the admission of pure air by doors or windows into the sick chamber, provision should be made to carry off the polluted air by a constant current, this is better than any amount of, what we may term, periodical sweetening of the apartment. In summer-time, when a fire in the room would

be inadmissible, we can secure a supply of fresh air by having a ventilator in the sick-room door, and an arrangement of valves in the upper sash of the window; but what is better than even this, because more simple, is to have the window to draw down from the top, and the space filled up with a frame covered with wire gauze, capable of being put up at pleasure. This ventilates the room without danger from draughts.

Quiet a necessity.

In many cases of sickness, absolute quiet is essential to recovery. This is somewhat difficult to obtain in either town or country; but in endeavouring to secure it, we should remember that it is sudden and unusual sounds that startle a nervous patient, far more than the steady monotonous hum of busy every-day life out of doors. In the house, at all events, quiet may be maintained, doors should not be slammed, neither should they creak on their hinges, children and servants may be prevented from shouting, and carpets or mats in the passages will prevent the noise of footsteps.

In the sick-room itself, perfect quiet, we do not say absolute stillness, should be the rule, the attendants, or those who move about in it, should do so gently, the windows should be made to open noiselessly, and if there be a fire in the room, care should be taken that the coals do not keep tumbling out of the grate every now and then. This last may seem a very small matter, but we have known, more than once, a critical sleep, into which a patient was just dropping, entirely banished by the noise of a piece of coal falling on an iron fender.

Furnishing of sick-room.

One of the most important points to be considered about a sick-room, is the furnishing. We have said that the

apartment should be as bright and cheerful as possible. Let it be so, we repeat, but, bearing in mind that every cubic inch of air is of intrinsic value to the patient, we must banish every unnecessary article of furniture. One table is enough, and that should be small, and one cupboard—a chest of drawers is not required—one cane-bottomed chair, one low, cushioned or invalid chair, and a sofa; this latter, however, may not be needed until the patient is convalescent, or is able to get up for the bed to be made; but no boxes of any kind, and as little drapery as possible, either in the shape of bed curtains, or window curtains, should be in the room. Nor should anything be hung about that is likely to collect the dust, or retain infection. The carpet should be taken up, and the floor kept scrupulously clean, a light mat being spread next to the bed for the patient's feet when he has occasion to get up.

The wash-stand should do duty as dressing-table, the looking-glass need not be a large one, and the whole should be light enough to be easily lifted and placed by the bedside. It is often most refreshing and exhilarating to the patient to have his hands, arms, and face gently sponged, before the tray containing his food is brought into the room.

When the room is large enough, it is better to have two bedsteads, both should be low, and neither should be wide, one may be occupied by day, the other at night, there is thus a chance of keeping them comfortable and well aired. There should be no curtains to the sick-room bed, or they ought to be very light and only at the head of the bed, not all round. Large four-posters are an abomination in a sick-room. The bed itself should be comfortable without being too soft, a hair or spring mattress is better than feathers. Too much attention

can hardly be paid to the arrangement of the pillows, they ought to be soft without being too yielding, and so placed as to support the shoulders as well as the head. Additional pillows should always be provided, and these can be used in many ways to suit the comfort of the invalid. If, for example, he is apt to slip down in bed, one may be placed under him, when again he is lying on one side a pillow may be placed behind him, and often it will give ease to place an entire pillow so that he can rest one arm over it.

The bedclothes should be light and warm, but the warmth should not be so great as to conduce to perspiration, for this is often weakening. Should the patient suffer from cold feet, and bed-socks are insufficient to retain the necessary warmth, a bag of heated sand will be found less objectionable than a jar of hot water.

Sanitary condition.

A weak invalid may often have a difficulty in turning in bed, or in raising himself up. This can be combatted by placing a couple of calico bands, attached to the foot of the bed, within easy reach.

The general sanitary condition of the sick-room requires great consideration. Nothing that can possibly contaminate the air should be left within it one moment longer than is necessary. In winter, for the combined purposes of ventilation and warmth, there should be a fire in the grate, the direct rays from which should be prevented from falling on the head of the bed, by the intervention of a fire screen; but if this fire should send its smoke out into the room instead of up the chimney, it really does more harm than good, by polluting the air, and causing annoyance to the invalid.

Lamps are sometimes the cause of the air in a sick chamber being foul and unwholesome. If they must be

burned therein, let them be well trimmed and clear. Colza oil is less injurious than petroleum in any form, and it is also less risky.

Petroleum stoves are sometimes burned in a room for the sake of heating it. If there be no arrangement for carrying off the fumes, they vitiate the atmosphere to a great extent, and if they take to smoking at night, as they sometimes do, they become a source of danger, even to life itself.

But the greatest danger from polluted air in the sick-room, is apt to occur through neglect in emptying and properly cleansing the ordinary utensils of the chamber, every time they have been used. In all cases these articles of daily necessity should be furnished with lids, and they should be emptied at once, not into a slop-pail in the sick-room. No nurse who valued her character as a nurse, would dare to bring a slop-pail inside a sick chamber. The utensils should be taken away and cleaned before they are returned, and a little disinfectant made use of. One pound of sulphate of iron, dissolved in a gallon of water, ought to be kept handy, and not only should a little of this solution be poured into the chamber utensil itself, after it has been well rinsed, but down the closet as well.

Most perfect cleanliness should be the rule in the sick-room, and all dusting, and arranging of the bed and furniture, is best done in the morning. No food should be left in the room, and empty plates, or cups, or spoons, that have been used, should be taken away and washed without delay.

In all cases of infectious illness, the sick-room should be, in a manner, quarantined off from the other parts of the house, communication therewith should not be permitted to any but the attendants. A sheet, wetted with

water, which has been reddened with the permanganate of potash, ought to be hung before the door, and kept damp with that solution. All other parts of the house should be kept entirely clean and well aired. Soiled linen of any kind coming from the sick-room, should be put under disinfecting water immediately.

The nurse herself.

It must be remembered from the first that nursing is no question of sentiment, that indeed sentiment and affection are rather in the way than anything else; for, as a rule, very near and dear relatives make the worst of nurses. There are duties to be done, a certain plan of treatment to be carried out, and this must be done unflinchingly, and often even against the patient's will. Nursing, in other words, is altogether a practical matter.

In all cases where night-nursing is required, it will be best for two persons to be told off for that duty instead of one to continue on all night. The nurse should be strong and active, and able to do things well, even if slowly. Indeed, hurry and fuss are best kept out of the sick-room. The nurse should be neatly, cleanly, and tidily dressed, but ought to wear nothing that makes a rustling noise, or that looks too sad. Nor should trailing garments be worn. The nurse should be bright and cheerful, though not noisily so; she ought to move about as though she really were alive and hopeful. She need not be a mute altogether, but talking is rather to be deprecated than otherwise. Whispering should never be indulged in on any account, it is so apt to make a nervous patient worse. What can he think but that you are speaking about him, and that you are saying what you would not like him to hear? Talk practically to the doctor when he comes. If there be any questions you wish to ask him, it will be well to have them

prepared beforehand; you will be sure thus not to forget them.

About visitors. The best plan and the safest is not to admit any visitors at all. They nearly always do harm by exciting the patient. Never run away with the notion that your patient wants cheering up. When he does, be sure he will be the first to express a desire to that effect himself. Many a patient is killed by this inhuman process of cheering up. So beware. Rest and quiet are most essential for the well-being of a patient. Why, even the lower animals show us this. Witness a cat or a dog, for example: whenever ailing, it gets away into the quietest, darkest, coolest corner it can find.

Giving medicine. The doctor will leave instructions as to the times for administering the physic, whether pills, draughts, or mixture. All that the nurse has to do is to see that the physician's instructions are carried out to the letter and to the very minute, for very much may depend upon regularity in this respect.

Little attentions. Without appearing to be in the slightest degree officious, you must see that your patient is in every way comfortable. Drink must not be forgotten. It would be better, though, if this could be so arranged that he could help himself whenever he required it. Well, the pillows may require frequent shifting, and the bed itself made easier now and then. This last can be done without his getting up.

Morning duties. The room will always smell stuffy and sickly of a morning, and your first duty when you enter should be to open the window, which very likely has been close shut all the

live-long night. Throw a sheet or rug over the patient before you do so to obviate the danger of his catching cold. But this breath of morning air is nearly always very grateful to a patient. Well, having tidied the room and seen to the internal comforts of the patient, then as soon as he is feeling a little stronger, which will be about half an hour after he has had something to eat and drink, get him up to have the bed made. This must be done with great care. If weak it will be best first and foremost to make up the sofa as a temporary bed, and get him to lie down on this. In cases of long-standing sickness it is a very good plan to have two beds. Only those who have themselves been ill know the relief that even a change to another bed is. But having made and nicely smoothed your patient's bed, you may either put him back thereto, or, if he be so minded, let him remain where he is for a time. At all events, the bed being made, and all the sick person's wants and wishes being seen to, your morning duties are over.

Taking notes.

This is a thing that in all difficult or dangerous cases should never be neglected. The day nurse we must presume is the head nurse; well, she ought to see that her assistants have taken notes during the night, and these ought to be continued during the day. What are you to write about, do you ask? Why, about the state of the case every three hours, or anything you deem important, that may have transpired within that time, such as perspiration, sleep, cough, pain, the pulse, and the temperature.

The temperature.

No more useful little instrument was ever invented for the use of the sick-room, or even the nursery, than the

clinical thermometer; and I am truly glad to have this opportunity of calling attention to it. A medical man without his thermometer would be like a sailor at sea without a compass. One really wonders how doctors got on at all before the instrument was invented. But it is not doctors only who will find the clinical thermometer a handy possession. Every house should contain one. Certainly every nursery.

The use of this thermometer is very soon learned. So important is it in assisting the doctor in his diagnosis, that he will gladly give all hints to the person who intends using it. So you need not for a moment hesitate in asking his assistance.

The temperature is taken by shaking down the indicator, then placing the instrument in the armpit for about four minutes, and reading off. The ordinary temperature of the body in health is a trifle over 98°. If it should rise over a hundred the case is serious. Now to give one example. A nervous person is seized with a pain in the chest. Perhaps he or she has been exposed to cold throughout the day. The question comes to be, is this simply a muscular pain, or pleurodynia as we call it, or is it incipient pleurisy? If the former, we know how to relieve it. If the latter, it must be seen to at once, if life is to be saved. Well, our little fairy thermometer comes to the rescue. We place it in the axilla, and presently read it off. There is no rise in temperature. It is not inflammation, therefore, and a good warm drink and a night's refreshing sleep will banish it. But if the temperature has got up to about 101°, then there is indeed cause for alarm, and the sooner the doctor is sent for the better for all concerned.

CHAPTER XXIV.

THE SURGERY OF THE HOUSEHOLD.

In this and the following chapter I give advice to the mother concerning surgical appliances, and some of the many common accidents that may happen in a household, and which need attention immediately, long at all events before the doctor can arrive.

It is of course only the more common of these that can be treated at home, for anything that appears at all serious, let skilled surgical aid be summoned, and summoned forthwith.

Whether you have a medicine-chest in the house or not, there are several handy articles which should always be kept ready in a clean drawer in case of emergency. A little case containing a pair of ordinary surgical lancets of the old-fashioned bleeding pattern, surgical scissors, pins, needles, and thread—these are all the instruments required. Appliances will include one or two bandages, some lint and oiled silk, a bit of caustic silver in a case, and some strips of adhesive plaster. Then there should be a stimulant lotion, an eye lotion, a liniment for sprains, stiffness in joints, etc., and one or two kinds of ointment.

Poultices are handy to allay inflammations and to soothe pain. They are invaluable in swellings about the throat, in whitlows, abscesses, etc. A small bottle of turpentine, and one of carron oil, should also find a place in the family surgical drawer.

The lancets will be sometimes required to open small abscesses or gum-boils. Large swellings containing matter had better be seen to by the family physician. Many people have the greatest horror of the lancet, and will suffer excruciating pain for days from a trifling abscess rather than submit to have it opened. And yet in a case of this kind the relief that follows a simple and almost painless incision is instantaneous. Others, again, are willing to have an abscess opened when it "comes to a head." But it hardly wants opening then, as it will break of its own accord. The time to open an abscess is when there is a fluctuating baggy feel to the touch, giving indication of the presence of *pus*—in other words, of the formation of matter. If this matter cannot have vent it will eat through the tissues that lie immediately above it, and while doing so cause much pain and inconvenience.

When a gum-boil needs to be opened, the lancet should be rolled round with a piece of rag to within about half an inch of the point. It may then be freely used at that part of the boil which is softest. After a gum-boil has been opened, gentle pressure is needed to squeeze out the matter, and the mouth should be well rinsed with hot water.

I counsel the keeping of pins and needles and thread in the surgical drawer, in order that they may be always ready at hand. The pins should be of different sizes—they are handy for fastening bandages, etc. The thread should be strong and white, and the needles of a fair size—needles with good honest eyes in their heads, needles that even a man can thread.

As to bandages, they can either be bought or made. For economy's sake I think they should be made, and for this purpose old linen of any kind can be washed

and utilised. Tear it into strips, and sew it neatly together. The bandages may be of two or even three different breadths—one about an inch and a half for finger purposes, another about two inches, and a third about three. These are called roller bandages. There are also various forms of tailed bandages for application to the scalp for instance, and to parts of the body to which a roller bandage is not suited. The shapes of these will suggest themselves to a person of sense. The scalp bandage I may mention, however, is a broad one with four tails; this being laid upon the head and brow, the two foremost tails are carried backwards behind the head, crossed on the back of the neck, brought round and tied under the chin, while the two hindermost tails are brought forward and tied under the chin. In bandaging a leg the art lies in keeping the bandage flat, smooth, and moderately tight. Lay the end along the instep first, towards the toes, and bandage from the toes including all the foot except the heel, then swathe the ankle, and so upwards as far as the knee or above it. In ascending the calf of the leg, at every turn the bandage should be plaited half back over itself. This is not absolutely necessary, for, having bandaged the lower half of the leg, you may carry the roller right away up to under the knee and take a turn there, and so on down again to whatever position the bandage is found to lie best and flattest upon.

Charpie is made by stretching or holding strips of old linen very tightly, and scraping it with a rough knife. Charpie is a useful application to wounds, and may take the place of lint; but after all it is not so handy, it does not lie so flat, and you cannot spread ointment very well on it.

In cases of sores that we wish to take on a kindly

healing action, or those that need stimulating, or soothing, water-dressing is invaluable. It is very simple and easy of application. You have only to dip a piece of lint in clean cold or tepid water, to which probably a few drops of pure carbolic acid have been added, then apply it to the sore, which it must more than cover. A piece of oiled silk is then applied over the lint to retain its moisture, and the whole is kept in position by means of a retaining bandage.

Water-dressing is also applied to wounds after they have been properly strapped, and it may sometimes take the place of a poultice for swellings which we want to soothe and reduce.

The morsel of lunar caustic in a case can be bought at a chemist's shop, for, I believe, threepence. It is used to cauterise dog or cat or skunk-bites, and also scratches that may be supposed poisonous. I have mentioned skunks, merely because I know that my books find their way into every country where the English language is spoken.

It is a well-known fact that hydrophobia is much more likely to be caused by a skunk than a dog-bite, and I for one would never go into the woods, where there was a possibility of being bitten by one of these creatures, without carrying a morsel of caustic in my pocket in case of an accident.

It is a very foolish plan, not to say cruel, to have the dog that has bitten you destroyed. When this is done, it is obviously impossible to discover whether or not he was rabid at the time he made use of his teeth. Let him live by all means; it will be a satisfaction to know that he is running about in the best of health. I cannot help saying that in ninety-nine cases out of a hundred in which people have been bitten by dogs, the party bitten has been to

blame and not the dog; it is not only unjust, therefore, to punish him, but positively mean and cruel. Cats' bites are usually more dangerous than dogs'—that is, they are more apt to fester and take longer to heal, the reason being simply this—a cat's tooth makes a punctured wound, a dog's a more open one.

Adhesive plaster comes in handy. It ought to be the best procurable, and instead of keeping it in a roll in the drawer, it ought to be cut up into strips of different breadths. It is thus ready for immediate use, and there is no chance of its sticking together, as it does if kept in bulk.

When it is necessary to use this plaster to keep the edges of a wound together, we must be careful, first and foremost, to see that the wound is perfectly clean, and no sand, glass, or grit in it, which would cause festering and prevent it from healing.

Never cover a wound wholly up with a piece of plaster; whatever be its size, use long narrow strips. Warm the plaster by holding the back of it against a can of boiling water for a few seconds, then apply it across the wound, leaving a small space between each strip to give exit to the lymph. Remember that sticking-plaster has no healing action in itself, the benefits derived from its use are of a purely mechanical nature. Clean cuts are better bound up with the blood, simply with a linen rag, for sticking-plaster is no use until the bleeding stops. In cases of scalp wounds the hair must be shaved off before the plaster is applied.

A grain or two of nitrate of silver to an ounce of distilled water, make a very good stimulating lotion, for wounds or sores that need such an application; but if they are healing kindly, with even white edges and not much exudation, they do not want stimulating.

Languid, indolent sores, and flabby ulcers, want a stimulating lotion applied with lint, after the manner of water-dressing, and the support of a bandage. But I should like my readers to bear in mind, that the healing of ulcers depends in a very great measure upon the state of the constitution. The blood must be strengthened by good food, else the sore will not heal. Why, it cannot heal, unless you supply it with flesh-forming material, and this material must come from the blood. But, in addition to the enrichment of the blood, if the ulcer be in the leg, this must be kept up as much as possible, and bandaged firmly but not too tightly from the toes upwards.

Four or five grains of powdered alum or sulphate of zinc to the ounce of water make another handy stimulating lotion. Goulard water is easily made: simply add a teaspoonful of sugar of lead to a pint of water; it is rendered more cooling by the addition of spirits of wine. It is an excellent application for painful swellings.

For wry or stiff neck, or in cases where you wish to redden the surface in order to relieve internal swelling and pain, a mixture of one part of hartshorn to two of olive oil is a capital liniment. Rub well in.

Carron oil is a mixture of lime-water and olive oil, and has been in repute for centuries as an application to burns. I know of nothing better, however, for instantaneously taking the heat out of a burn, where the surface is not broken than turpentine. Soak the part well with it for a minute or two; the relief is magical. I expect more than a thousand of my readers to be grateful to me for giving them this simple hint.

I have a word or two to say about poultices. In cases of local inflammation of any kind, they form the

best applications possible. They are of many different kinds. The simplest are made of oatmeal, linseed-meal, or bread and water. The oatmeal poultice is, to speak plainly, just porridge without salt. The linseed poultice is made by stirring the meal into boiling water gradually, and working it up well until a proper consistency is obtained. The bread and water poultice is made by pouring boiling water over pieces of stale bread, covering up with a plate for a short time, then draining off the water. Charcoal may be added to this if thought desirable, which it might be in cases of degenerate ulcers.

Carrots and turnips are sometimes made into poultices, and are very soothing.

Onion poultice is made by mashing up half-roasted onions and spreading them on a rag. It is a favourite application with some for colds in the chest. If the chest be previously reddened by rubbing in a little warm turpentine the effect will be better, but on no account should it be applied to an abraded surface.

The use of the mustard cataplasm is very well known. In pains in the chest from colds it is of great service, and also in cases of dyspepsia and pains in the stomach, with retching and vomiting.

Poultices to the neck, for sore throat and glandular swellings of a painful kind, do good; but if you begin with them, you must keep on changing them, or more harm than good will result. Finally, remember what Dr. Abernethy said about poultices—"They are either blessings or curses, according to whether they be well or badly made."

CHAPTER XXV.

THE SURGERY OF THE HOUSEHOLD (CONTINUED).

Inflammation.

It is well the mother of a family should know something concerning inflammation of the outside or soft parts, and its simplest mode of treatment. Its general symptoms are usually summed up thus: redness, heat, pain, and swelling. It has many causes, and may be of different characters, and its treatment it is evident enough will depend upon these. It may be, for example, of an active or of a low form. It may be caused by blows or bruises, or by some specific poison either applied directly or through the blood. Active inflammations, with much tenseness, heat, and pain, and a feverish condition of body, require cooling drinks, aperients, low diet, and the application of cold lotions; while low forms of inflammation need stimulating poultices and dressings, with tonics and generous diet. There are so many kinds of inflammation, then, that in a work like this it would be obviously impossible to give advice that could supersede the doctor. Keep the part loose and free from pressure, and apply what seems most soothing until the doctor's arrival.

Ulceration.

This, in many cases, may be even more dangerous than inflammation, with some degree of which, however, it is always combined. It is impossible for any mother to treat an ulcer herself, unless it be not only very superficial but of a

healthy order. If it be so, she will find little better for this purpose than a piece of lint wrung out of tepid water, applied to the sore and covered with a bit of oiled silk to prevent it from drying. This should be frequently renewed. If the ulcer appears languid and indolent, a little zinc ointment may stimulate it gently, and cause it to take on a healing action. But if an ulcer is extensive, deep, very weak and indolent, much inflamed, irritable and painful, or easily made to bleed, it is a case for the family doctor, and the sooner he comes the better.

Ulceration of mouth.

This is a common complaint among children that are not over strong. It may generally be treated by the mother herself. But not by applications alone. The general health must be seen to. Perhaps you may begin by giving the old-fashioned remedy of sulphur, cream of tartar, and honey or treacle, regularly every morning. Then some tonic may be needed. If the child is pale a mild preparation of iron will do good. Anyhow cod-liver oil should be administered and Parrish's chemical food. The best application to the mouth—and it may be used twice or thrice a day—is glycerine and borax. Or simply a borax lotion.

How to treat boils.

When these are numerous they may not be very large, but they are very painful. In this case they are usually caused by some species of indigestion, that renders the blood poor and watery or poisons it. This fact gives us at all events some slight insight into the proper treatment of boils, for we must attend to the child constitutionally as well as locally. In the acute and painful stage hot fomentations, if frequent, do much good. These may be of poppy heads. After they have been applied for some time a nice poultice should be used. Linseed meal probably makes the best. As soon as they come to a

head use the lancet sufficiently to evacuate the matter. This will give great relief. If the child seems foul in blood and overfed, reduce and correct the diet; let it be as mild and as non-stimulating as possible, and give the cream of tartar and sulphur remedy, with sometimes in the morning before breakfast a wine-glassful of Franz Josef or Pullna water much diluted. If the child be weakly, Parrish's food will be required, and in either case sea bathing will do good, or if this be not attainable, sea-salt should be put in the morning tub.

Bruises or contusions. These are all too common in every family, and are always the result of direct violence. This gives rise to swelling, pain, and some degree of lividity or discolouration.

If the bruise be slight a cooling lotion may be had from the chemist; an elegant and efficacious one would be of Goulard water and Eau de Cologne. This should be kept constantly applied to the bruised part. The arnica lotion is made of tincture of arnica one ounce, water five or six ounces. Ice if applied will also do good, the cold assisting the absorption of the extravasated blood.

If the bruise is very large, and one perhaps of the scalp, with much swelling, medical assistance had best be obtained.

Simple wounds. The treatment of simple wounds is simplicity itself. Making sure first that there is no glass, grit, or dirt in the wound—and this must be seen to with as little interference as possible—the edges are to be gently approximating and kept in position by very narrow strips of sticking-plaster, leaving space, however, between each for matter to exude. You may then put a little wetted lint and a bit of oiled silk on, and bind loosely round with a bandage.

Simple wounds are often best treated by being bound up

at once with the blood. This in a measure hermetically seals it, and it soon heals. Sometimes cuts, especially about the face or scalp, require stitching. This is by no means a difficult operation, only the mother must have had ocular demonstration thereof once or twice first. A pledget of wetted lint may then be applied, and over this a handkerchief or bandage. More severe wounds require medical or surgical assistance as soon as possible.

How about bleeding?

I do not refer to the practice of blood letting—this is almost obsolete now—but to the escape of life's vital fluid from wounds. And this is sometimes alarming enough. The mother ought certainly to know what to do till the surgeon comes. She ought to know, first and foremost, that in bleeding from veins the blood is darkish in colour, while that from arteries which flow from the heart is of a bright red colour, and the latter comes in spurts or jets. If it is of this spurty character, an artery must be wounded and the thumb must be pressed firmly down over the wound until a bandage—which in the case of a limb may be a handkerchief with a knot on it—be applied higher up between the heart and the wound. The bandage should have the knot over the line of the artery, and it can be tightened by putting a smooth piece of wood under it and turning round till the jetting out of the blood is stopped. Meanwhile, get assistance with all speed, letting the messenger tell the doctor what has happened that he may bring instruments with him to tie the artery.

In bleeding from veins, the wound should first be cleansed, then pressure by means of a pledget of lint and a bandage will usually cause the bleeding to cease, especially if the wounded part be elevated. But alum water, or tincture of iron, or some other form of styptic may be required.

Bleeding from the nose.

Well, there is the old-fashioned remedies of cold to the forehead, eyes, and nose, and a piece of cold iron adown the spine. A pinch or two of powdered gum arabic or hazeline drawn up the nostrils may stop it. The head should be kept elevated, and if ice can be procured it ought to be applied to the nape of the neck.

If plugging of the nostrils be deemed necessary, a surgeon should be sent for; no mother can do this.

Small doses of Epsom salts should be given frequently in cases of nose bleeding, with about ten drops of dilute sulphuric acid thrice a day after cases of nose bleeding, and the diet had better be lowered for a time.

Severe accidents.

Accidents happen when least expected. In the midst of life we are in death. We never can tell how near we are to danger, even when seemingly safe.

Cases of emergency often arise suddenly, in which promptness of action combined with an accurate knowledge of what to do, may enable us to save the life of someone dear to us, or it may be of one unrelated to us, save by the ties of a common humanity.

Even as I write, my morning newspaper comes to my hand, and as I open it, my eyes fall upon the harrowing details of a terrible calamity in Glasgow, in which, through a false alarm of fire, a consequent panic and a crush, no less than fourteen poor souls were in a few minutes hurried into eternity. And this from the very midst of earthly enjoyment! To think of it is indeed sad. Now accidents of this kind are, unhappily, far from rare, and they raise the question which I will here endeavour to answer: What is the best thing to be done in such a case? The answer to this usually is, "Sit still." *I* should say, "Be not at all events the first to fly." It is the first who fall, who block the

stairways and doorways, and are the first to suffer and even die. But, if you are in a back seat, it is impossible to sit still; in this case endeavour to hold your own, and even to make your way further to the front.

When a lad of seventeen I was in a panic at a music-hall. I was near the door when the cry of "Fire!" arose. Had I wished to do so ever so much, I could not have remained in the Hall. I was carried bodily off my feet, down a long stone stair into the passage, and out into the street. My feet hardly, if ever, touched the stair or floor, and my body was turned round and round several times in my descent, as you might roll a cigar between your palms. I never get into a crush now if I can help it. One lesson was enough to last me a lifetime. There is safety, then, in a panic at a theatre or hall only in being among the last to get out. Even if the place be on fire you are better to wait, and watch a chance to escape by door or window.

When actually in a crowd, get the elbows down by the sides, to protect the chest, but have the hands free; keep the limbs well together, and the dress as close to the body as possible, and be silent. This is positively all that can be done.

Ice accidents. These are far from uncommon in January. They may be caused by falls or by immersion in the water. It is a great pity that so few in this country ever learn the art of swimming; it is a very simple one, and once acquired can never be forgotten.

The least danger that can happen from falling through the ice is that of catching cold from the wetting, which is always a very thorough one. As soon as you get out, wring the water as speedily and as effectually as possible from the looser portions of the dress; then hurry home. If brandy is at hand, the question is should you take it, or should you

not? And the answer is, do *not* unless the teeth be chattering, and the lungs and heart feeling cold; *but*, as soon as you have got home, and have the body well rubbed down and are in bed, then a little brandy may be taken either cold or hot.

Remember this, you are not to go near a fire, nor swallow too much hot drink of any kind, for the reaction, if too speedy, may do great injury to lungs or brain. You need not even remain in bed long, and while there, unless you feel very cold indeed, do not have hot water to the feet. The danger lies, I repeat it, in incurring too much reaction, and inducing that reaction too speedily.

But a person falling through the ice may not be able to save himself, and before being rescued by bystanders he may be to all appearance dead. Then means must be taken instantly to restore life and animation.

Fainting fits.

These are very common. The causes are varied. Over-exertion in a heated room or in dancing—this more often occurs in badly-ventilated places—is a frequent cause. Carry the young person out to the free, fresh air of a hall, lay her or him on the sofa, on the back, with limbs straight out, and head, neck, and shoulders on a level with the body or very slightly raised. Rub the hands well, remove or loosen collar, etc, apply ammonia to nostrils, dash a little cold water on face or chest or both, and when reaction sets in give a very little brandy and water, or a few drops of sal volatile and water.

The same treatment will be efficacious in cases of fainting from shock, as when a person is thrown from a carriage.

But the greatest mistake you can make in such cases is crowding round the patient or sitting him on a chair, or carrying with the head resting on the chest.

Railway accidents.

These are of such varied character that I can only give one or two general hints for the relief of sufferers. It is everyone's

duty, having escaped himself, to do what he can for his less fortunate neighbours. Do not get excited; you can do nothing well unless calm. Attend first to those in greatest distress. If it be necessary to relieve a person by lifting up débris, broken timbers, etc., bring all your mechanical art to the work; remember that many a person has been killed by clumsy workmen rashly pulling wreckage from above him, and permitting pieces to fall that otherwise might have remained at rest.

Stanch bleeding by binding handkerchiefs between the wound and the heart, or by pressure with pad and bandage. Have wounded people lifted most tenderly, and laid in a waiting-room out of the way, but open all windows, whether summer or winter. Send for doctors at once, or see that they have been sent for. A calm, quiet, methodical way of going to work may save many a life during an accident of any kind whatever.

During a fire it may be necessary to save a child or older person from a room filled with smoke. You can breathe more freely low down towards the floor, and the smoke will be less hurtful if a wet towel or handkerchief is tied round over mouth and nostrils.

Loose teeth. A blow will sometimes loosen or knock the teeth out; they should be firmly put back at once, and kept there till doctor or dentist comes, drenching the mouth meanwhile with the coldest water to stop bleeding.

Choking. This is an alarming accident. Bend the body well down, and slap the chest between the shoulders; but send for a medical man at once if this fails. The offending object, if visible, may be hooked out with anything that comes handy.

Just a word about *poisoning*. Get vomiting induced at

once by giving draughts of warm water and mustard, and tickling the throat with a feather. Then give an antidote—this will depend on what the poison is, so a medical man must be sent for at once; or better still, if it can be done, take the sufferer to the nearest chemist's shop, and bring the doctor there.

Burns or scalds.

If, to begin with, a child's clothes catch fire he should be at once thrown on the carpet and wrapped all round close and tight with something woollen, such as a plaid, a rug, or door-mats. Never permit a child to play with fire. In every room have a fire-guard, and have this constantly on. Do not allow a nurse or servant to utilise the fire-guard by drying things thereon. There ought to be a proper place for this.

If the skin from a burn be not broken I know of nothing that will so speedily remove the pain as turpentine. Daub it on with a rag thoroughly soaking the part.

Dust flour thickly on a bad scald or burn, and put rags over it. This is always at hand and is very efficacious. Prepared lard is another good preparation. It should be put on in great abundance so as quite to protect the part. Send for a doctor.

Things out of place.

1. Things stuck in the throat, whether bones or otherwise, are very much out of place. You may see the article if you keep the mouth well open with a cork between the teeth, and may be able to get it out by means of the fingers or a forceps. If not, give mustard and water to excite vomiting and tickle the fauces with a feather.

2. Things are equally out of place in the ear, though not so dangerously so as in the throat or windpipe. Children put peas in the ears sometimes; if you pour a drop of oil in you may be able to remove them with a hair-pin. Insects

get into the ear and cause great trouble and pain. Put olive oil into the ear, then syringe well.

3. A fish-hook in the hand. It must be shoved further through till the barbed part protrudes through the skin. This is then snipped off, after which the hook can easily be withdrawn.

Bee stings and bites.

Extract the sting if left in, by means of pressure with a small key, then apply ammonia and afterwards a mixture of opodeldoc and laudanum. For dog or cat bites, simply well suck the wound and apply a little strong carbonate of soda and water. If the dog is suspected of being rabid—which, by the way, not one dog in a thousand that bites people is—the wound had best be cauterised, and a surgeon sent for who will do all that is required. But there is seldom indeed any cause for alarm.

In all cases where there is any seeming danger, let a medical man be called in as soon as possible, and do not forget that the messenger who goes for him is to explain the nature of the accident or injury, so that he may come prepared.

CHAPTER XXVI.

THE MORE SIMPLE AILMENTS OF CHILDHOOD.

In order that the mother may see at a glance the ailment referred to, I not only place as usual the name in the margin, but place the diseases also in alphabetical order.

The treatment herein given while very simple may be relied upon as safe, and I may repeat what I have said before, that whenever the temperature as taken by that good little fairy, the clinical thermometer, is very high, and points to fever and to danger, the attendance of a medical man should be immediately requested.

Anæmia or debility.

This is a complaint that many children suffer from. It may or may not depend upon some actual blood disease inherited from the parents themselves, in which case, the child should be put under the care of the physician, and as soon as possible. But anæmia may be the result of errors in diet and hygiene. The child does not seem to be thriving; he is pale, listless, apt to have breakings out in the mouth, and an offensive breath, and sleeps badly at night. Now such a case cannot be rushed to a cure, but the little patient may be guided back to health. Better and more nourishing diet should be given, with plenty of milk and eggs, plenty of romping in the fresh air; *no care*, that is, no lessons to do; early hours, the cold bath every morning,

and if possible, seaside or country air. Medicine, such as Parrish's chemical food and cod-liver oil, and now and then a mild aperient. Such a plan of treatment will soon work wonders on a growing weakly child.

Ankles weak.

This is usually caused by weakness in the tendons or muscles that help to keep the joints in their position, or it may be due to a tendency to rickets. I will speak of this latter complaint further on. If the joint ligaments are weak, elastic bandages had better be worn, plenty of rest given, douching twice a day with cold salt water, plenty of exercise in the perambulator, and cod-liver oil, eggs, milk, etc., and all kinds of easily-digested food that tends to strengthen.

Acne or pimples.

By acne is meant a crop, or rather crop after crop of pimples that in some children and young folks take place on the forehead, face, neck, and between the shoulders. It depends upon a congested and obstructed state of the pores of the skin, and is favoured by anæmia or debility, as well as want of cleanliness, and all kinds of food or drink or sauces that heat the blood. Knowing the causes, the treatment is simple. We must order avoidance of these causes—the bath, plenty of fresh water, and a disinfectant soap, coal tar or sanitas or lanoline. Cod-liver oil will aid the cure, so will saline aperients, and abundant exercise in the open air. Plastering on of ointments seldom do a bit of good, but the face may be bathed night and morning in water that contains plenty of salt.

Bed wetting.

This is a most troublesome complaint, and often very difficult to cure, keeping on sometimes till long past puberty. No amount of threatening or bullying the child is of any avail. In fact, this will only make him worse, because

it prevents good sleep and thus debilitates the frame. Nature must be solicited immediately before he lies down. Very little fluid should be drank. He should lie on the side, not the back. He should be taken up once or twice during the night. Worms, if any, should be expelled, and constipation avoided. A waterproof sheet should be used, and although the child is not to be scolded, a little gentle talking to now and then does good. If matters continue bad a doctor should be consulted, who will give nervine medicine and tonics also. Sea air and bathing will do good in cases of this kind.

Bow or bandy legs. I think more children are subject to this complaint nowadays than used to be twenty or thirty years ago. Perhaps the struggle for existence is greater, and children are not sufficiently fed in many cases. Another cause is putting heavy children to the ground to walk too soon. Now every plan to strengthen the general health must be adopted, the best of food, plenty of milk and eggs, plenty too of carriage exercise or pony riding. Parrish's chemical food and cod-liver oil. Perhaps splints will also be needed, but for this you must consult a surgeon personally.

Bowels enlarged. Plenty of exercise will reduce these, with abstinence from more fluid than is necessary, and the wearing of what is called a cholera belt. A broad strip of flannel pinned round but not worn too tightly will do equally well. An occasional mild aperient will also be beneficial.

Bowels, protrusion of. This is not at all an uncommon complaint among weakly children. Sometimes it comes so far down that it has to be returned by pressure with a silk handkerchief after well oiling the parts. The whole system must be

strengthened. The system too, should be kept gently open, and this is best done by food and fruit instead of aperients, Castor oil or syrup of senna is best if medicine must be taken, or the bowels may be rubbed in the morning with cod-liver oil, and at night very well with castor oil, a flannel bandage being worn.

Prunes stewed should be eaten in the morning, and pure oatmeal taken for breakfast, also most fruits in season. A morning cold bath with sea-salt in it taken before breakfast is very invigorating. Plenty of open-air exercise will do good and sea bathing. Cod-liver oil taken internally also.

Bowels confined. The bowels of children should never be permitted to get into this condition. Still the constant taking of aperients is likely to do more harm than good. Fruit, oatmeal, etc., had better be trusted to. Try the effect of a tumblerful of hot water before breakfast. If the constipation continues a doctor must be consulted, as there may be causes for the complaint a mother cannot understand.

Bowels if loose. This is called diarrhœa, and a very weakening ailment it is. Let the food be pretty solid, and give no meat for a time, only milk and egg puddings, etc. Keep the child very warm, but let him have plenty of fresh air nevertheless. He should wear the cholera belt. Take him to a doctor if the trouble continues.

Brain troubles. I only mention these to warn the mother that in no case is she to attempt the management of such cases herself. Only just let the child be kept in bed, especially if he has had a fall, with hot water to the feet. Give a saline aperient, and hot milk to drink. Nothing else till the doctor comes.

Bronchitis. This is by no means a simple ailment, and though in some cases it may appear to be but little more than a bad cold, still I say that wherever possible, medical advice should be procured as soon as it can be had. It may even be complicated with inflammation of the lungs, though not often.

Well, till the doctor does come, keep the child in a warm room, well-aired, and with a steaming kettle on the hob to moisten the air. Give barley-water, toast and water, milk and water, etc., to drink, and a castor oil or syrup of senna aperient. After the inflammation has gone, the child must be well fed up. But the doctor will tell you all about this.

Chafing of skin. This is common in tender parts, especially if the child be stout and has a tender skin. The parts should be well but gently washed with tepid water and a thoroughly good soap, and when dry dusted with violet powder or well powdered Fuller's earth.

Chapped hands. A very disagreeable and frequent complaint with children in the spring and winter seasons. Sometimes it affects the legs as well. Use lanoline soap in washing and dry the parts well with a soft towel afterwards. Rain water is best, but it should be filtered. Equal parts of glycerine and camphor water may be used as a dressing. Sometimes a little benzoated zinc ointment does good.

A tonic, such as cod-liver oil, may be used when the child is much troubled with chapping, and the hands kept as much out of water as possible.

For chapped lips there is nothing better than cold cream made with vaseline. Put it on frequently.

Chilblains. This may not only affect the fingers but the toes and heels and even the ears. It is in reality a kind of low

degree of frost-biting. But it frequently points to a weak circulation. Chilblains are better prevented than cured. Let the child be well fed and have plenty of exercise every day. Cod-liver oil will do good. Prevent him from running to the fire when cold, and keep the hands and feet warm and dry. Shetland wool stockings and mits should be worn. Rub in hartshorn and oil liniment morning and evening, or opodeldoc every night.

There are many remedies for unbroken chilblains. Half an onion dipped in salt and well rubbed in gets rid of the troublesome itching; or equal parts of tincture of iodine, hartshorn, and laudanum may be painted on once or twice a day.

When broken they often need special treatment, or unsightly ulcers will be the result, hence in such cases I advise that they be shown to a doctor.

Child crowing. It is often mistaken for genuine croup. Child crowing is caused by spasm of the glottis or opening in the windpipe. The child loses his breath, and fights and struggles, making a noise like crowing, while the face becomes dark in colour. The struggle seldom lasts more than a few seconds however, if the case is favourable; but in unfavourable cases the child may die of the fit in his mother's arms.

It is a dangerous complaint and so sudden. Send for the doctor at once. Dash cold water in the face, place the whole body in a hot-water bath. Pull forward the tongue that air may have a chance of entering the lungs.

During the intervals the greatest attention must be paid to the general health, to the feeding, to the teething, etc. Change of air from a damp to a dry and bracing one is imperative. He should have abundance of fresh air all day, and a cold bath every morning.

If the child has come through one attack the best medical advice possible should be taken.

Croup. Only the doctor can deal with this, but the mother will know how to distinguish it from child crowing when told that in croup the fever, difficulty in breathing, cough, etc., are constant, while the other complaint is spasmodic.

Corns. A troublesome enough ailment whether they be soft or hard. The soft are situated between the toes, the hard on the top of the toe joints, or soles of the feet, in any position, in fact, where there is undue pressure. Tight shoes and bad stockings often cause corns. Want of cleanliness does so also. Wash the feet every morning with soap and water, and rub well with rough towels to prevent the formation of hard skin. But when the corn has come, it must be removed with lancet, scissors, or acetic acid.

Colds in children. In children who are not scientifically dressed, or who are much confined in heated rooms, in badly ventilated bedrooms, and who are not encouraged to take a cold bath every morning, colds are very frequent, particularly in the winter and spring months.

Exposure to high winds and damp, or wet feet may also induce cold. But however it is brought on it should not be neglected. A mustard foot-bath may do much good, and the child should be put early to bed. Give ten to twenty drops of sweet nitre, and aftewards a nice drink of gruel. An aperient—saline—next morning will do good, but do not let him out too soon. Mothers ought to bear in mind that one-half the colds our children suffer from, are due to over-coddling in the first instance.

CHAPTER XXVII.

THE MORE SIMPLE AILMENTS OF CHILDHOOD—CONTINUED.

Dentition, first and second.

DENTITION is not a disease, still it is very troublesome at times, and every mother ought to know the best way of managing it. The first dentition has to be waited and watched for, as a rule, there being no time apparently fixed by Nature for the appearance of the milk teeth. But at six or seven months is the usual time. The lower front teeth generally come first, then the upper front, the lateral incisors come next, then the grinders and canine. It is about two years to two and a half years before they are all through, namely, twenty.

Lancing the gums may be had recourse to when they are hot and tender, and when the child is feverish. There is no danger—quite the reverse—it does good. But the doctor himself had best perform the operation, slight though it be.

Gum rings should be made of indiarubber, and not bone or ivory.

Convulsions sometimes take place through the teething. The hot bath is the remedy. It should be about blood-heat, and the child is to be kept therein for a quarter of an hour. Meanwhile the doctor must be sent for in all haste.

Attention, and that the most careful too, to the genera. health, to the feeding, to fresh air and ventilation, and to the exercise the child gets, will, in almost every case, smooth over the sorrows of first dentition.

I must here, however, warn the mother against giving children any of the patent or quack soothing syrups. They nearly all contain opium in some form, and this is the most dangerous drug a child can have.

A little cough or a little breaking out should not be paid much attention to, except by regulation of the diet and perfect cleanliness.

A child is about seven years of age before he begins to cut his second teeth, the first getting loose and falling out. There are but twenty first teeth, as I have already said, but thirty-two of the second or permanent set.

It is necessary that the second set should be as straight and well arranged as possible. Nothing looks much more ugly than irregular teeth, especially in girls. Therefore although there is no particular bother with the cutting of these teeth, often a visit to the dentist will be needed to make sure of their regularity.

Enlarged tonsils.

A troublesome complaint with many children, and probably the robust are more subject to it than the thinner and more wiry. Swallowing is rendered somewhat difficult, the breathing is at times difficult, the child snores at night, the voice is thick, and there may be more or less of deafness. It may be due to the strumous or scrofulous diathesis, but there is no occasion for the mother to worry over the matter. She must take the child to see his doctor, who will probably give her a paint for the tonsils, and give her advice too, which must be carried out to the very letter, else matters will get worse, and a very disagreeable operation have to be performed.

Eczema in infants. This is sometimes called milk-crust, or running scald, and in nine cases out of ten is caused by errors in diet, by giving a child bits of this, that, and everything, as one does a pet parrot for the mere pleasure of seeing him swallow it. The tetter, or eczema, is really a safety-valve that Nature opens up in order to get rid of humours. However, it is usually a very tedious affair, and I mention it not to counsel home treatment, but quite the reverse; a doctor only can advise what can be done, more especially since there may be something radically wrong with the mother's milk itself.

Fits, infantile. As there are many causes for these, and many kinds of fits, in all cases it is best to consult your regular medical adviser. But it cannot be too well borne in mind, that errors in diet have to do with more than half the cases of fits or convulsions we have to treat; teething, of course, is another cause, and the poisoning of babies by giving them quack medicines or too much medicine of any kind.

Whooping cough may produce fits sometimes. Dashing cold water on head and face, and placing the body in a warm bath are the remedies; if it be from the teeth, the gums must be lanced. If from over-feeding, a little ipecacuanha wine frequently until vomiting comes on, and afterwards the warm bath, then castor oil or some other equally mild aperient to get the bowels to act.

Fever, simple. The symptoms are restlessness, heat of skin, loss of appetite, headache, chills, sweating, whiteness of tongue, and high temperature. Such a fever may be simple, but as it may be the beginning of worse mischief, the doctor should be sent for. Meanwhile, put the child to bed, and give a dose of castor oil, and only milk diet, cooling drinks, and fruit of a cooling kind.

A case of gripes.

While it lasts this is a very painful complaint, and from the symptoms and motions or movements quite unmistakeable. If the child passes anything by the bowels, it is usually slimy and green, or it may be watery.

It may be caused by improper feeding, or by the mother's milk not being all right, her blood not being pure for the time being. Warm fomentations will do much good, and if the child has been over-fed a dose of castor oil will be necessary, and afterwards dill water, or gripe-water, which contains no opium. Beware of advertised soothing syrups, and all quack remedies in this complaint.

Gum-boils.

This is a most painful trouble, and is usually caused by the root of a decayed tooth setting up mischief in the jaw. Fomentations and a mild aperient will usually allay irritation. But if matter forms it must be let out as soon as possible, after which relief will be obtained. As soon as possible after this, the decayed fang, which, if left in, will only act as a foreign body, should be extracted.

Whooping cough.

This is an infectious disease caused by a specific blood poison, and its treatment should not be taken in hand by the mother herself. It is apt to have a good many complications, and this makes it all the more imperative that it should be treated by a medical man. It is almost wholly an ailment of childhood, and when it gets into a young family it is so contagious that it is all but certain to attack every member thereof. It is like an ordinary cold at first, growing worse and worse, until the characteristic "kink" or "whoop" commences. The fits of coughing are paroxysmal, and of very great violence while they last. The ailment may last from two to six weeks.

In its first stage it is treated like a common cold, but the

child must be confined to the house, and as soon as there is evidence that it is whooping cough, or indeed, before, medical assistance should be procured.

In the third and last stage very likely cod-liver oil will be necessary, and quinine perhaps, with change of air. Beware of ordinary cough mixtures, and all advertised quack remedies which invariably do far more harm than good.

Inguinal and other ruptures.

If taken in time these ruptures, whether inguinal (groin) or navel, are all amenable to treatment. But a medical man should be consulted as soon us possible, else matters may become worse, and the cure rendered more difficult. In the navel rupture a pitch plaster is usually prescribed, being put on after the bowel, or whatever does constitute the rupture, is carefully returned. These plasters have a little pad in the centre.

For a groin rupture, which is much more troublesome and difficult to cure, a truss will be found necessary, and the choice of this must be left to the medical attendant.

The measles.

This is a highly infectious ailment, coming on from ten to fourteen days after the infection has been caught. It not only runs through families but through whole parishes as well. There are usually chills at first followed by feverish symptoms. There are heavy watery eyes, running at the nose, a husky voice, and sneezing with hoarseness and headache. The coughing is a ringing and peculiar one, which is worse at night. About the third day the characteristic rash comes out. They are in patches like crescents and flea-biting, appearing at first on the face and neck.

The greatest danger arises from chest symptoms. As to

treatment it is of course a case for the doctor, but you must nurse well and judiciously, confining the child to bed in a warmish but very well-ventilated bedroom. The diet should be low, consisting chiefly of milk food, puddings, etc. This is about all the mother can do. The rest the doctor must suggest, and he must be obeyed to the letter.

The mumps. This ailment is also of a contagious nature. There are at first symptoms of fever, then a hard swelling in front of and beneath the ear, extending down the neck. This may be on one or both sides, and the face may also be much swollen.

The child must be kept quiet in bed. A calomel and jalap aperient will do good, or a simple dose of castor oil. The swelling must be well fomented four or five times a day with poppy-head and camomile fomentation, and linseed meal poultices used and frequently changed. The diet to be simple and low.

Neuralgia. Many children suffer from this more or less. It usually comes on in paroxysms and goes away after rest. It points, however, to debility of constitution, and is best cured by good food, with as medicine, a little barks perhaps, eggs, milk, cod-liver oil, and extract of malt. The latter two are aliments not medicines. If an offending tooth be the cause of neuralgia in the jaw, it should either be carefully stopped at a time when the trouble is absent, or it ought to be extracted.

The dentist himself will be the best judge of the proper course to be pursued. Teeth can now be extracted painlessly, so there is no need for any child to undergo useless suffering.

Perspiration. Sometimes this is excessive under the slightest exertion, and is then a sign of weakness or debility, the best cure being

iron in some mild and non-constipating form, cod-liver oil, good food, exercise well-regulated and taken daily, whether rain or shine, plenty of milk, and the cold bath every morning, with sea-salt in it.

If perspiration occurs to any great extent at night, especially if it be accompanied by cough, it points to some form of chest disease, and if it does not get better with a course of cod-liver oil, with quinine and iron, and the usual treatment for debility, a medical man had best be called in.

Pigeon breast.

Pigeon or chicken breast, narrow chest, rounded shoulders, stooping, and, to some extent, even bandy or bow legs, all point to mal-nutrition of the frame. If taken in time they may all be remedied, if not indeed entirely cured. But by all means consult a surgeon who will lay down regular rules for each case. You will yourself readily understand that every effort is to be made to strengthen the child's frame and constitution, that he must live almost entirely in the fresh air, and have exercise of all kinds suited to his strength. Plenty of milk, a little meat, and good farinaceous food, with cod-liver oil regularly, and extract of malt also.

The bath every morning is a *sine quâ non*, with sea-salt in it, and, taken, if possible, cold, with a good towelling down afterwards.

Quinsy.

This is a bad form of sore throat, usually having its seat in the tonsils and adjacent tissues. It is generally ushered in by fever, when an emetic of ipecacuanha would do good. After this give a saline aperient if the child be not too young. Inhalations of steam with a few drops of laudanum or tincture of iron in it do good, or even plain steam frequently used. The diet should be simple and low till all fever is gone.

Keep linseed meal poultices—nice soft ones—constantly to the neck, and let the child remain in bed. If the swelling should threaten to go on to an abscess, do not trust further to your own treatment, but call in a doctor.

Rheumatism. I but mention the ailment in order to say that whether acute or chronic, or in whatever form it may appear, much harm may be done by home treatment. Till the doctor comes, however, you may lower the diet, and give an aperient, and rub well in to the affected parts opodeldoc, or some such anodyne liniment. The aching joints should be covered with cotton wool.

Rickets. This disease or trouble is caused by a deficiency of ossious or earthy matter in the bones, which causes them to be unnaturally soft, and to bend or twist. The symptoms are almost too numerous to give in a handbook like the present, but they are such as we would naturally expect. The disease may make its first appearance at the early age of two years. The teeth are long in making their appearance, and often bad or decayed when they do come, while the child himself is stunted in growth, large in head and brow, and perhaps chicken-breasted, and twisted in spine or bow-legged.

The treatment must be very regularly conducted if it is going to do any good at all. As a rule, you see, it is caused by errors in food or diet in a constitution already inclined perhaps to scrofula. The child must have abundance of the purest and best of milk, with a tablespoonful of lime water added to each breakfast cupful. He must have very nourishing diet, with meat, the best that can be had, and gravy, with milk puddings of all kinds.

Cod liver oil, extract of malt, and some mild preparation

of iron form the best medicines. But above all must he lead a life in the fresh air.

I need hardly add that if possible a case of rickets should be placed under the care of a doctor.

Ringworm.

Although I have not given any special prominence to skin diseases in this book, believing that a good doctor only can carry such cases to a successful termination, still, ringworm is, alas! only too common in country places and villages, and every mother should know it. I may say here, parenthetically, that many cases could be traced, as to their origin, to the barber's shop. Children, when having their hair cut, should go with their own brushes, combs, and scissors, and even chin cloths.

It generally attacks the head, but may spread to the body. The patches are round or oval, and scurfy, and the hair in them looks as if broken or pinched off.

Now as to treatment I do not intend to say a word further than that the hair of the scalp must be all shaved off, and kept shaven till the patches have entirely disappeared; the scalp is then poulticed, and afterwards strong ointments used that the doctor will prescribe, and a skull-cap worn. Do not, I beseech you, be led to trust in advertised or quack remedies, and remember that the longer the child continues without scientific treatment the worse it will be. The state of the general health must be well considered during the time the cure is being conducted.

Scarlatina.

This is the term usually employed to designate a mild attack of scarlet fever. The ailment is one that will not be governed by home-treatment. The dangers connected with it are numerous. Besides, the difficulty of diagnosis betwixt this ailment and say measles, is great to the uninitiated. The best and safest plan therefore is that,

if sickness be in the neighbourhood, and your child after a day or two or three of premonitory illness and fever has an efflorescence of any kind on the skin, you should send at once for skilled advice.

In concluding this chapter let me—while hoping that many of the hints I have given on minor ailments may be found of use until the doctor comes—remind the mother that she will always find it best and cheapest in the end to obtain skilled professional assistance whenever there seems to be the least little bit of danger. By so doing not only is the child more speedily restored to health, but after-consequences are avoided, and these may at times be very severe indeed.

CHAPTER XXVIII.

AILMENTS OF EYES AND EARS.

The eyesight and hearing are, by far and away, the two most important senses we possess; let me seriously advise the mother then to at once seek for medical assistance when anything seems to have gone wrong with either. Great evils, let her remember, have often small beginnings, and a stitch in time may save nine.

There are of course little troubles that afflict both eyes and ears which the parent herself may treat, and it is concerning these I wish to speak in this chapter, passing over those of a more dangerous character with only a passing mention, and the stereotyped advice to consult the family physician.

Soap in the eyes.

Some nurses, and mothers also, when washing a child are far from careful to prevent the soap from getting into his eyes. Now, apart from the actual pain caused by such unnecessary roughness, the irritation caused may be a source of danger, for the mucous membrane that lines the eyelids and eyeball itself—the conjunctiva—is the most delicate in the whole body. It would be bad enough if good soap was always used, but as a rule it is the very commonest in the market that children are often scrubbed with—I cannot say washed. However, having pointed out the danger, I have no doubt the careful mother will try to avoid it.

A black eye.

A black eye is really somewhat disfiguring, for it takes about ten days to go away, and does not do so until it has most tantalizingly assumed all the colours of the rainbow. As soon as possible after the blow a cooling lotion should be kept constantly to the eye. Let this be three ounces of rectified spirits to half a pint of water. Take care it does not get into the eye itself. Or paint the eye frequently with tincture of arnica. A bread poultice mixed with a little of the tincture of bryony is said to be efficacious in removing discolouration. I have no experience of it. A raw beef-steak is also good. This of course acts as a poultice. Well, as soon as the swelling has been reduced, it is usual to have the eye painted. But boys do not need such refinement, and girls do not have black eyes, of the kind I am discussing, anyhow.

Injury from blows.

There is a worse danger from blows than simply discolouration around the eye, for the eyeball itself may receive serious injury. Sometimes you will observe all the white of the eye red with extravasated blood, and there will be considerable pain and swelling.

Injury to the eyeball may also occur from a fall as well as from a blow. In either case the danger to eye-sight may be considerable. Place a large bread poultice over the eye, and if next day there is no mitigation of the symptoms consult the doctor.

Things in the eye.

Whatever the foreign substance be that gets into the eye it causes great suffering and annoyance, and means should be taken to remove it at once. It may be a bit of sand or grit, a fly, or worse than all, a morsel of quick-lime. A camel's-hair brush would be the best thing to work with, but this may not be at hand, so a tiny bit of soft twisted paper

must do. Having made this, find out where the substance is. It will be found adhering either to the under or the upper eyelid. Gently and tenderly remove it. Then let the eye be well bathed with luke-warm water. In the case of a bit of quick-lime, after removing it, bathe with vinegar and water first—one part to three—then the warm water. A little sweet oil may next be placed in the eye. Nature will do all the rest. If there be much tenderness after, a green eye-shade must be worn for several days.

Conjunctivitis. This is better known by the more simple name of a cold in the eye. It is not usually a dangerous complaint, but there is much tenderness, redness, watering, and a disagreeable sensation as if grit were in the eye.

It generally attacks both eyes, especially if the result of cold. Treatment:—This should be had recourse to at once. A lotion of alum, three grains to an ounce of distilled water should be used four or five times a day, and warm water douches between. Keep the child at rest on low diet, and give opening medicine, a simple aperient pill at night, followed next morning by a wine-glassful of Franz Josef or Pullna water, diluted plentifully with warm water.

Sometimes conjunctivitis becomes chronic. This is rather serious. It shows at all events that the child's health is below par. But if the eyes have plenty of rest, if a weak eye lotion be frequently used, and the strength kept up with good food, and cod-liver oil with extract of malt; if the bath be taken every morning, and if the child be sent to the country or seaside, he will in time get well.

Ophthalmia. This is a more serious form of inflammation, and there are several forms of it. For this and all other painful inflammations of this part of the eye, medical assistance must be obtained as quickly as possible, because you never can tell where they may end.

Stye in the eyelid. This is a well-known but often acutely painful complaint. The child who is subject to stye, it will generally be observed, is out of health and below par, and one stye may follow another, and at times they may be very sluggish and go away slowly. Bathe the eye frequently during the day with hot water, and put a bread poultice on at night. Study the child's constitution. If stout and gross, lower the diet and give aperients. If thin and watery-blooded he will want iron, cod-liver oil, and good feeding.

Weak or blear eyes. This is a case for an ophthalmic surgeon. The eyelids are often everted and red, with a considerable deal of discharge. The health is generally low. It is best at once to consult the doctor, and do what he advises. Home treatment may spoil all.

Squinting of the eye. A cast in the eye, as it is called, is not incurable. It may sometimes be remedied by the wearing of appropriate glasses, or an operation may have to be performed. It is in either way no case for home treatment, though the health should be attended to, and the eye not more used in reading than possible.

For short sight, long sight, double vision, etc., appropriate glasses must be worn. But the ophthalmic surgeon must be consulted.

Badly lighted schoolrooms are to account for many cases of near-sightedness; but this state of affairs is unfortunately beyond a parent's power to remedy.

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Next in importance to ailments of the eyes come those of the ear. It is bad enough for an elderly person to be

slightly deaf, but infinitely worse for a boy who has the world all before him and his way to make therein.

Therefore, ear troubles should never be neglected. Children of tender years are very apt to thrust things, such as peas or beads, into the ear or up the nostrils. It is a usual thing for the mother to make efforts to remove this herself. But as poking with her pins or bodkins may end in only forcing the thing further in, and even causing serious damage to the drum of the ear itself; if putting a little oil in and turning the ear with the pea in it downwards, with a gentle slap or two on the other ear fails to dislodge it, it is better to send at once for the doctor, making the messenger inform him of the nature of the accident, so that he may come prepared.

Wax in the ear.

An accumulation of wax in the ear may cause not only deafness but serious annoyance, from singing and other noises in the head or ears. In such a case relief will be obtained from syringing the ears. The operation is very simple, and so is the syringe. There should be two basins, one to hold the clean warm water that is to be injected. This may stand on the table; the other to receive the water as it runs from the ear that is being syringed.

The operation should be performed very gently. If the mother were to see the doctor do it once, she could easily perform it afterwards, and this is a course I must advise. In some cases a little oil is required in order to soften the wax.

Inflammation of the ear.

This complaint may arise from a variety of causes, from injudicious syringing, or indiscreet attempts at removing things from the ear, or from cold or bathing, etc. However, it is characterised by great pain, by deafness, and by fever. A medical man should be sent for as soon as possible

Earache. This may be present without actual inflammation or fever—the temperature of the body would be high if fever were present. It may arise from neuralgia for example. In this case it comes on more suddenly, it throbs, and it is intermittent.

Too often what are called pain-killers are administered with a view to stop the pain. All these are dangerous, especially if administered to young children.

Put the child to bed, and keep him as quiet as possible. An aperient will usually do good, but it must be a mild one, as ten to one the child's health is below par. Probably the pain will be gone after a night's rest; but now the treatment only begins. Some preparation of iron will generally be needed, and perhaps a quinine mixture. Give cod-liver oil and good nutritious diet with plenty of milk. Change of air, to the seaside or country, will often act like a charm in such cases. The teeth should be seen to, for earache often comes on from the presence of a decayed tooth.

Partial deafness. This complaint comes on from such a variety of causes, that in almost every case it is best to see a good ear-surgeon, and as speedily as possible.

Discharge from the ear. This is a common affection of the ear, and is frequently accompanied with deafness and perforation of the drum of the ear.

It may, however, follow an attack of measles, scarlatina, or whooping cough, or even a common cold. The treatment is to increase the strength by every means in our power, and if the running has become chronic, a local application does a deal of good. The ears may be frequently syringed with a weak alum lotion, and a little

of the glycerine of tannin put in each and retained there with a piece of cotton wool.

In no case, however, should the discharge be blocked up in the ear; cleanliness is of the utmost importance, and the running, if retained, becomes most offensive and works much mischief.

In conclusion, let me remind the mother that during ablution the greatest care must be taken of a child's ears. Do not be rough in washing the ears, and never screw in the point of a towel or piece of cloth.

Do not cause a child to wear cotton wool in his ears at any time for fear of catching cold.

The cold bath is the best of all preventatives of cold. Let the child be taught to take it every morning, and to sponge the brow and face well with the cold water before actually getting in. A minute in the bath in winter and two or three minutes in summer is all the time required.

A handful of good sea-salt makes this bath all the more invigorating.

Just one more hint. A cap with lapels or flaps to it should be worn by children who have to face cold winds or snow storms in mountainous countries.

THE END.

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PREFACE TO ADVERTISEMENTS.

I HAVE personally supervised the selection of Advertisements, and have admitted nothing herein that does not appear to be genuine.

GORDON-STABLES, M.D., R.N.

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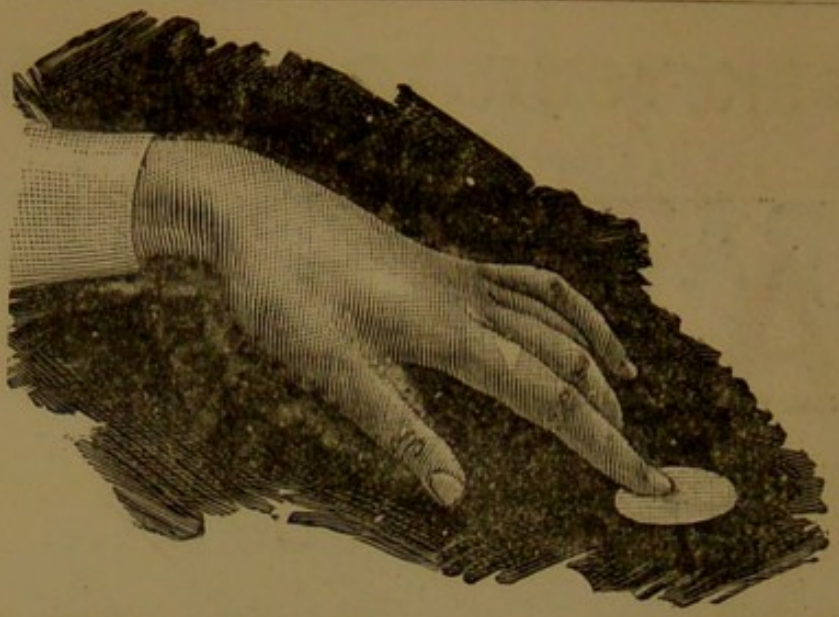

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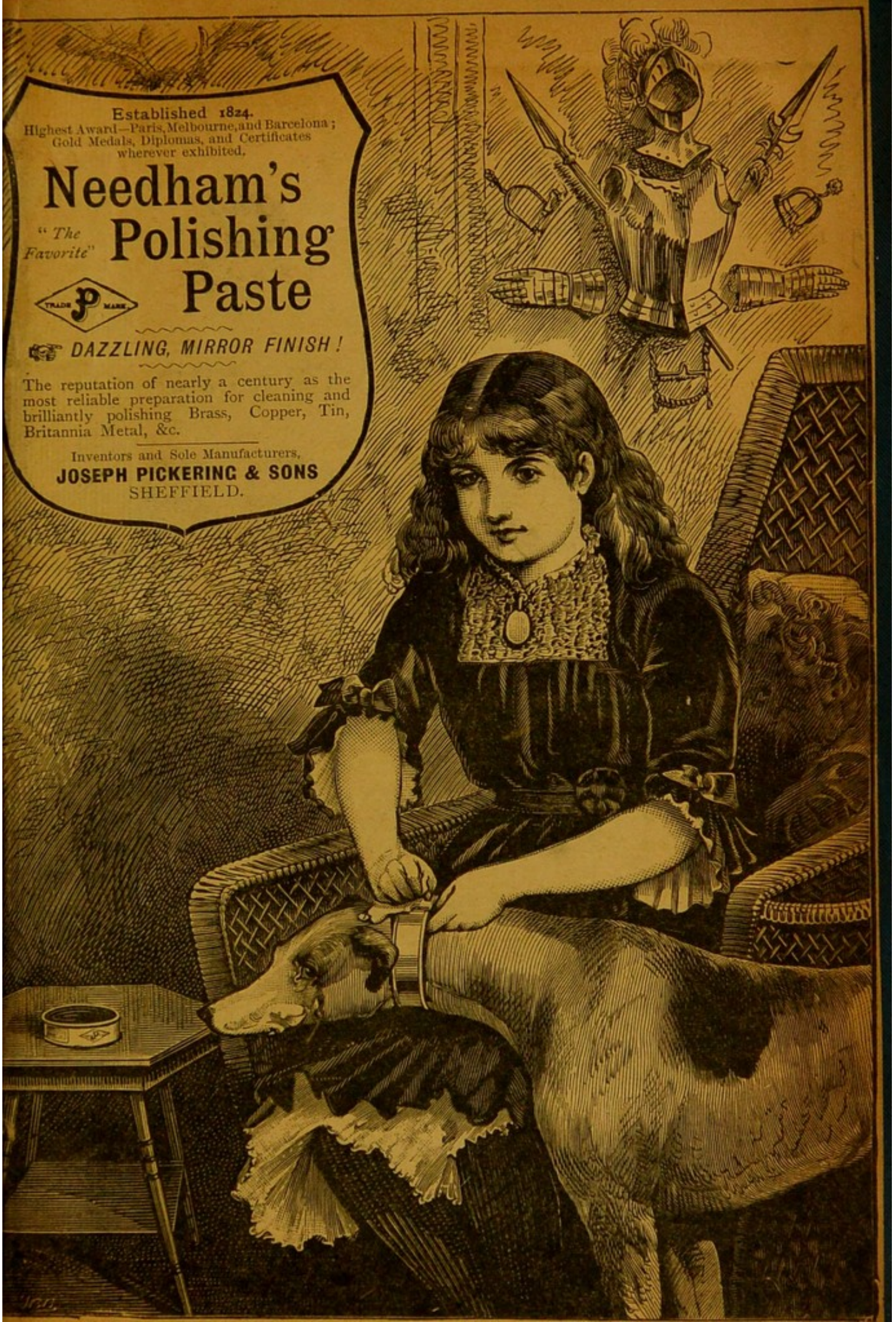
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