

**The handy pocket-guide to health & health-restoring places / by Charles
Rooke.**

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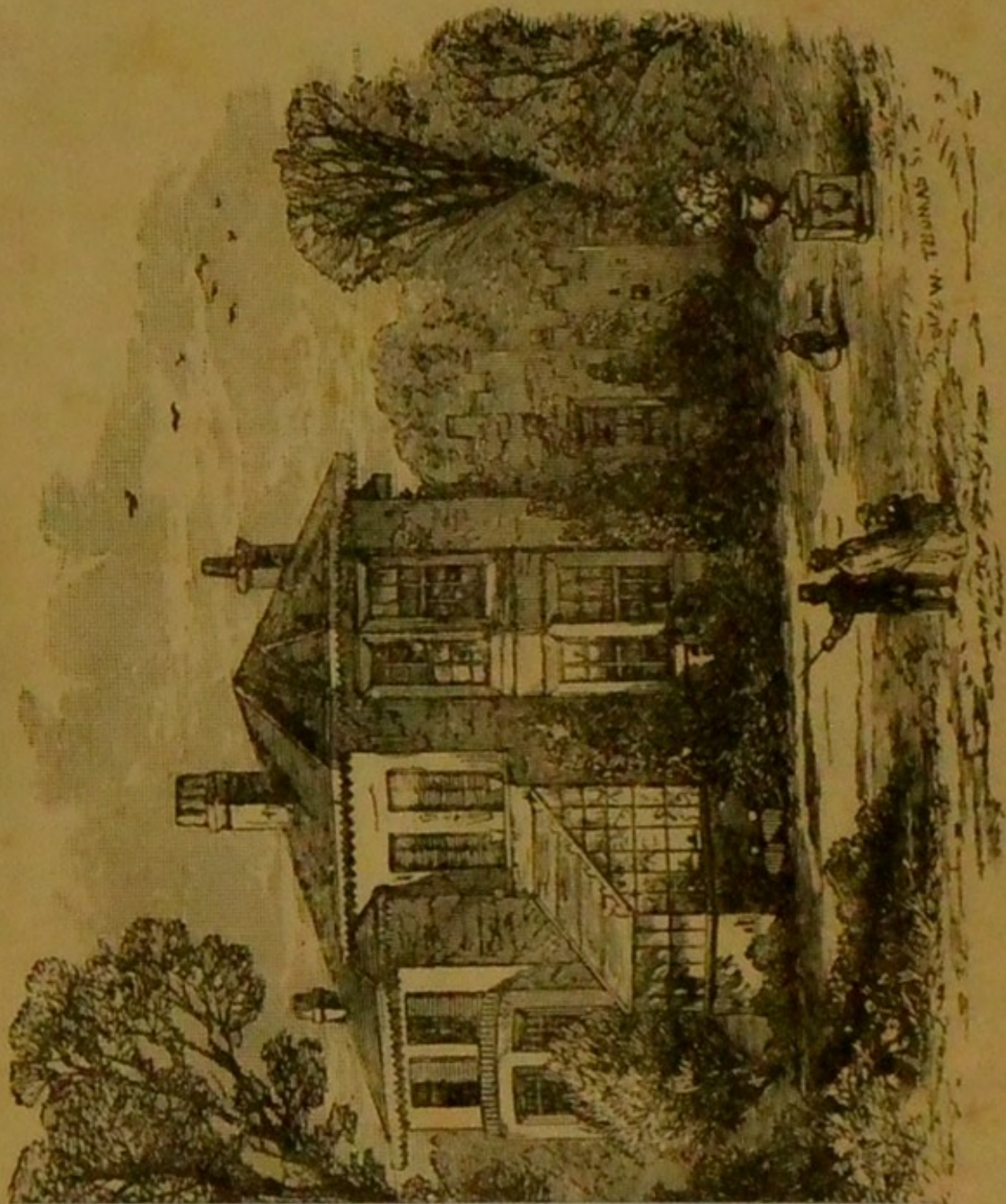
HANDY POCKET GUIDE

TO
HEALTH

and
Health
Restoring
Places



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BELLE VUE COTTAGE, SCARBOROUGH,
The Residence of Dr. Rooke.



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THE

Handy Pocket-Guide

TO

Health & Health-Restoring Places

BY

CHARLES ROOKE, M.D.,

Belle Vue Cottage, Scarborough, England; Author of "The Anti-Lancet," "Medical Philosophy," "Legends of the Lake of Geneva," &c. &c.

"SOL ICH UMSONST DIE AUGEN OFFEN HABEN."—Goethe.

250th THOUSAND.

PUBLISHED IN THE YEAR 1884,

By C. ROOKE, M.D., SCARBOROUGH.

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INTRODUCTION.

THIS little *brochure* is intended for invalids who want to know what places are best suited to their particular complaints; what to do as to general treatment both at home and abroad; and how to get these at the least possible expense both of time and money. Many who can afford to do so, go to Italy for the winter, others simply to Devonshire, or the South Coast of England. This simple little Handy Guide is intended to meet the wants of *all*, and to be, as its name implies, not merely a handy guide to health, but a friend to the pocket; thus supplying a need long felt, but never before put into practical shape. Should this object be attained, the Author will be amply repaid for the time and thought he has given to its compilation.

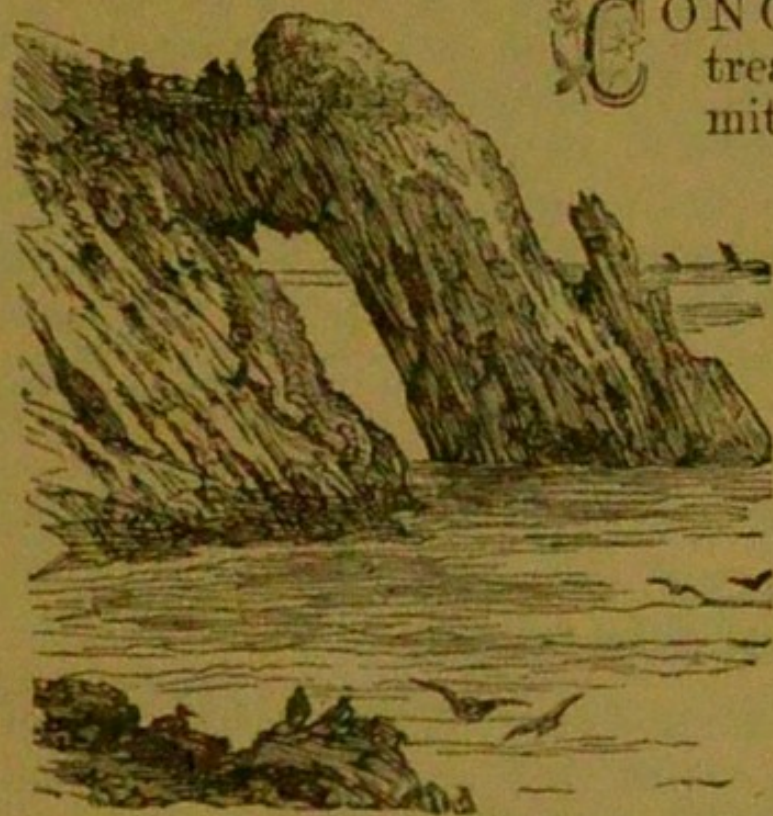
CONTENTS.

CONCERNING:—	PAGE
DOCTORS AND MEDICINE	1
CONSUMPTION, ITS CAUSES AND TREATMENT	5
BRITISH HEALTH-RESORTS	13
BRONCHITIS, COUGHS, AND COLDS	33
DR. ROOKE	43
INDIGESTION, BILIOUS AND LIVER COMPLAINTS	51
HYGIENIC RULES FOR THE MAINTENANCE OF HEALTH	58
ASTHMA	66
NERVOUS DEBILITY	72
COLONIAL AND FOREIGN HEALTH-RESORTS.	75

ILLUSTRATIONS.

	PAGE
BARMOUTH	22
BELLE VUE COTTAGE, SCARBOROUGH	<i>Frontispiece</i>
BIARRITZ	83
BONCHURCH, THE OLD CHURCH	10
BORROWDALE HOTEL, CUMBERLAND	27
BORROWDALE, THE MANOR HOUSE, GRANGE	30
BOURNEMOUTH, ROCKS NEAR	6
BUXTON, THE CRESCENT	38
CASTLETON OF BRAEMAR	70
CHATEAU OF PAU	82
CLIFTON, BRISTOL	50
DR. ROOKE, F.G.S.	42
FUNCHAL, MADEIRA	76
HARROGATE, THE WELL HOUSE	54
ISLE OF WIGHT, THE UNDERCLIFF	14
JERSEY, PORTELET BAY	18
MALVERN, ST. ANNE'S WELL	62
MATLOCK BATH	58
MENTONE	80
SARK, LE CREUX LANDING-PLACE	35
SCARBOROUGH, DR. ROOKE'S CENTRAL WAREHOUSE	46
TORQUAY	23
TORQUAY, ROCKS NEAR	1
TUNBRIDGE WELLS	67

CONCERNING DOCTORS AND MEDICINE.



ROCIS NEAR TORQUAY.

CONCERNING medicinal treatment, it must be admitted that there is still in certain quarters a considerable amount of scepticism. Curiously enough, this want of faith is met with not so much in those who take medicine as in those who prescribe it. The greatest sceptics are generally the consulting physicians. Your family practitioner would laugh you to scorn if you were to say you did

not believe in medicine; and you would deserve his ridicule. What, then, is the explanation of this scepticism among hospital physicians? Fortunately, it is not far to seek. You must remember that the majority of people do not care to consult a physician unless they have something serious the matter with them. If they have only some trivial affection they go to the general practitioner, and regard a consultation as a *dernier ressort*. The result is that the bulk of the hospital physician's patients are what are technically called "bad cases," and, as from their very nature they are unlikely to improve under treatment, he gradually becomes sceptical as to the action of medicines. The general practitioner, on the other hand, gets all kinds of cases, trivial and severe, and is

much more likely to be able to form a correct estimate of the value of his remedies. At the same time, we are happy to say, this scepticism on the part of the London physicians is far from being universal. One of our most accomplished and successful physicians, a man at the head of the profession, recently made the following "confession of faith." He said: "Now, for myself, I desire to repudiate, absolutely, scepticism in regard to medicine. I believe as confidently in the power of physicians to treat disease successfully as I did when clinical clerk to one of the first practical physicians of my youth. Extended knowledge and accumulated experience have only increased my confidence in the remedial powers of our art." We would add that a man who disbelieved in the curative powers of medicine must be blind to the evidence of his own senses.

A Hole in a Ladder.

The man who could not perceive the beneficial action of quinine in ague would not see a hole in a ladder. You sometimes hear a man say he "doesn't believe in medicine." He might as well say that he does not believe in bread-and-butter. There are, of course, many diseases that are still beyond the power of our art, but this number is decreasing day by day. Every year serves to introduce new remedies and fresh preparations of old ones, and the number of diseases amenable to treatment is steadily, but surely, increasing. "How wonderful," says the physician whom we have just quoted, "is the influence of bromide of potassium over diseases for the treatment of which we were but a few years ago almost impotent. A dull, heavy-looking lad suffered for seven years from epileptic attacks, which steadily increased from the first in severity and frequency, till many occurred in twenty-four hours. For a year he was treated by a physician on general principles with little benefit. The case was in all particulars most unpromising;

yet from the time the boy took the first dose of bromide of potassium to the present—nearly three years—he has not had a single fit.” This is by no means an unusual case. We have seen many like it, and so must every one who has paid the slightest attention to the action of drugs.

Other illustrations of the strides made in treatment are afforded by the influence of cod-liver oil* and the hypophosphites in consumption, of iron in anæmia, of digitalis in heart disease, of ipecacuanha in the cure of dysentery and some kinds of vomiting, of sulphide of calcium in boils and abscesses, and of electricity in many diseases of the nervous system. With reference to the power of our art to alleviate suffering, the difference between the medicine of to-day and that of five-and-twenty years ago is very great. No one who has suffered from a painful local affection can think of the immediate relief which followed the subcutaneous injection of a dose of morphia without feelings of overpowering gratitude.

The Knife of the Surgeon.

There is no one who has had to submit to the knife of the surgeon whose heart does not overflow with thankfulness to those who introduced anæsthetics, and there is no one who has done more to discountenance blood-letting than Dr. Rooke, Belle Vue Cottage, Scarborough, who for the last quarter of a century has steadily condemned

* To obtain cod-liver oil in a pure, concentrated, and perfect state—combining in itself *nutritive, chemical, prophylactic* and *restorative* properties—has been Dr. Rooke's object, in which, after many years of trials and experiments, he has succeeded beyond expectation, and can now offer it of an unequalled excellence, palatable, free from all impurities, and thrice the strength of the ordinary oils sold in this country, pale or brown. It is prepared *especially* for him at St. John's, Newfoundland, and there carefully tested before shipment to England. It can be obtained from all Chemists and Patent Medicine Vendors, or direct from himself.

the practice alike in the palaces of the great and in the cottage homes of the artisan. (See the *Anti-Lancet*, of which three million eight hundred thousand copies have been circulated and read.) The electric telegraph, the second greatest marvel of our time, was a thing which, in a rough way, scientific men had long thought possible; but to be cut for stone and know nothing of the agony; to have a leg removed, and smilingly ask, when the operation is over, "When are you going to begin?" to have a nail torn away and look on and laugh while that most painful operation is proceeding, these are marvels of which no one dreamed. No extravagance of fiction equals the actual reality. The discovery of the value of local anæsthesia by freezing with ice or ether spray, and of general anæsthesia by ether, chloroform, or laughing-gas (as well as that of the Oriental Pills and Solar Elixir, after the most protracted research and hard study by Dr. Rooke, of Belle Vue Cottage, Scarborough, the efficacy of which in restoring the digestive organs to healthy action has been abundantly proved in every quarter of the civilised globe), may rank amongst the proudest triumphs of this or any other age.

The SOLAR ELIXIR is a rich cordial, and forms a most powerful tonic or restorative medicine and anti-spasmodic, of an EXQUISITE AROMA and very DELICATE FLAVOUR. Its action in curing disease is as follows:—After it is received into the stomach it is immediately absorbed into the system, and RESTORES NERVOUS POWER throughout the whole body, which is quickly apparent by the energy communicated to the mind and digestive organs, by which the healthy qualities of the chyle are restored, and the chill watery blood becomes rich and balsamic; whilst the ORIENTAL PILLS cleanse and purify the body from all morbid humours.

CONCERNING CONSUMPTION, ITS CAUSES AND TREATMENT.

Consumption is a disease which is likely to increase with the increase of population, and with the unsanitary conditions which too often arise therefrom. Once upon a time it was regarded as incurable. The individual who was attacked by it was looked upon as marked by the fell destroyer, and it was accepted as a fact that remedial measures might palliate the disease, but could not cure it; might delay the fatal stroke, but could not prevent it.

Of late years medical science has made such immense progress that this doctrine of despair is no longer accepted. It is now understood that consumption may very frequently be both prevented and arrested by the adoption of right methods, and it is, therefore, most important that a knowledge of the facts which have been discovered with regard to this disease should be diffused amongst us. It is proposed to supply here a short summary of the most prominent preventive and curative measures which are to be recommended for its treatment.

In supplying this summary it must be understood that general principles alone are dealt with. Special cases ought to be judged on their own merits.

There is no doubt that consumption is to a certain extent hereditary. Some authorities tell us that it is the result of the marriage of cousins or near relatives. Some say that the actual disease descends from one generation to another; others that constitutional weakness predisposing to disease is transmitted.

Sown in Infancy.

It is true that consumption usually attacks those who are approaching maturity, yet the *seeds* of consumption are, learned physicians tell us, generally sown in infancy or childhood. Constant and intelligent care



ROCKS NEAR BOURNEMOUTH.

bestowed on the young child might prevent the development of consumption in the young man or woman, and this intelligent care should be directed towards the avoidance of those conditions which are favourable to consumption. Attention should therefore be paid to the following details:—

Dampness of soil is believed to produce the disease. Those, therefore, who are liable to consumption should choose a dry site; and, if possible, the climate which is moderately warm, dry, and uniform. The importance of this point may be gathered from the fact that a number of authorities are of opinion that a judicious system of sub-soil drainage would go a long way towards putting an end to the malady in this country.

Impure air and ill-ventilated rooms help to develop consumption. People with strong lungs find it injurious to breathe a vitiated atmosphere; how much more will those suffer who have to use weak lungs!

Imperfect digestion arising from an insufficiency of suitable food is favourable to the development of the disease. Nourishing food of a digestible nature should therefore be given, and it should include plenty of good milk, and a moderate supply of fatty foods. It is frequently found that consumptive patients dislike fats; and consumption rarely occurs among those whose occupation brings them into daily contact with oil and fat, as, for example, cooks, butchers, tallowchandlers, &c. Animal food twice or thrice a day, farinaceous puddings, fish, green vegetables and potatoes, eggs, raisins which have been freed from the skins, and a moderate allowance of stimulating beverages may also be taken; but the latter should be discontinued if it flushes the face or quickens the pulse.

Exercise and Clothing.

Moderate exercise taken in the open air, as the strength of the individual will permit, is of primary importance.

With young people it will, as a rule, be found that if the muscle can be adequately developed, the disease will be averted.

While thus urging the importance of moderate exercise, it must on no account be forgotten that excessive exercise, which is followed by fatigue and exhaustion, is worse than none. If possible, the exercise should be of such a character that the individual, while taking it, can breathe plenty of fresh air and keep the body erect. When difficulty of breathing is induced, the exercise becomes harmful.

Clothing is a detail frequently regarded as of comparatively minor importance, yet one which in cases of threatened consumption can by no means be neglected with impunity. Flannel or silk should be worn winter and summer. Vigorous circulation should be kept up and the hands and feet should be kept warm. Silk is to be preferred to flannel, because it prevents sudden variations of temperature, which are specially to be avoided. Many parents have an idea that delicate children may be "hardened" by insufficient clothing and exposure to atmospheric changes. The theory is erroneous in all cases, but it is absolutely dangerous where a predisposition to consumption exists.

Excesses of every kind, intemperance, and debauchery of every sort and form, accelerate and strengthen this disease.

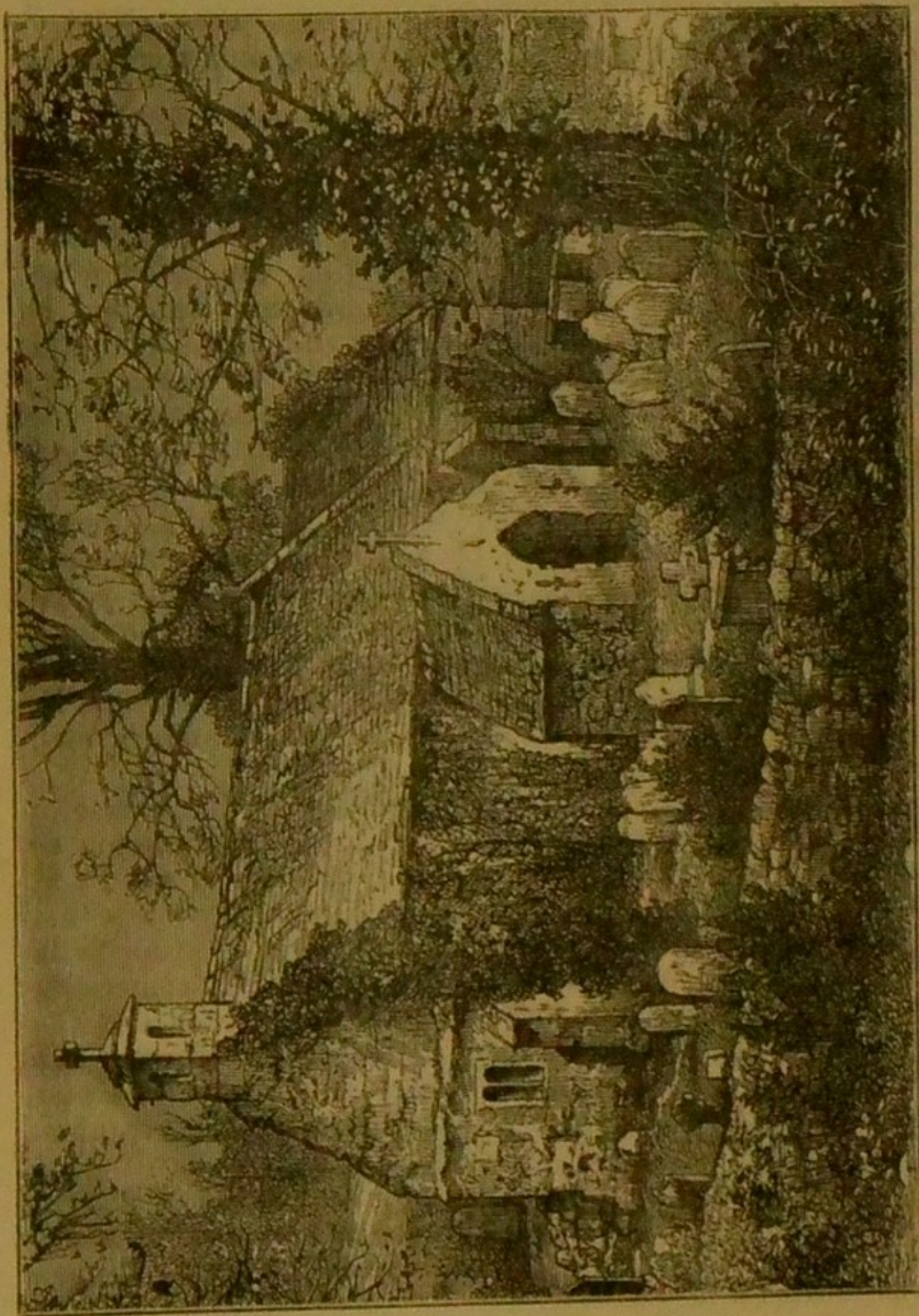
The choice of a *vocation in life* should be considered from a health point of view as well as from that of expediency. Certain occupations are favourable to the development of this disease. Sedentary employments are of course to be avoided. They interfere with exercise and breathing of fresh air; while work which is associated with the inhalation into the lungs of minute substances likely to cause irritation is especially dangerous; and it has been found that phthisis is very frequent among miners, tailors,

sempstresses, flax and feather dressers, and workers in steel and stone.

Unhealthy Occupations.

Among the determining causes of consumption in large populations, the best ascertained are those connected with overcrowding and bad ventilation, especially when connected with all the depressing influences inherent in poverty, or associated with a reckless and abandoned life. It is certain that much might be done to improve the public health in this respect, by more attention on the part of the employers of labour to the comfort and habits of those who are, in more senses than one, their "hands," and the sources of their prosperity. A certain amount of improvement has, indeed, been effected by the improved living of the working classes during the last twenty years. Still it is well known, and proved by careful inquiries, that the workshops of tailors, printers, bakers, and other businesses carried on in close, ill-ventilated apartments, by large numbers of workmen, are, in a very aggravated sense, nurseries of consumption.

THE PRINCE OF WALES, speaking in the House of Lords on the appointment of a Royal Commission to inquire into the condition of the Dwellings of the Poor, said—"The subject of the housing of the poor is not totally unknown to me, as, having acquired a property in Norfolk, now twenty-one years ago, I have had something to do in building fresh dwellings for the poor and the working classes. On arriving there I found some of the dwellings in a most deplorable state; but I hope that now there is hardly one person on the estate who can complain of not being adequately housed. Only a few days ago I visited two of the poorest courts and districts in St. Pancras and in Holborn, where I can assure your lordships that the condition of the poor, or rather of their dwellings, was perfectly disgraceful."



THE OLD CHURCH BONCHURCH.

General Symptoms.

The general symptoms of consumption are patent to every eye; the more accurate appreciation of them, however, and the use of the more strictly medical means of detecting the disease, and judging of its progress and probable issue, are among the most difficult of the duties of the physician. The disease often escapes attention in its early stages; yet not so much from the absolute difficulty of its detection as from the insidiousness of its invasion, and the small alarm which its early symptoms excite in the minds of the sufferer, and even of his friends, when much occupied with the business of life, or when naturally not gifted with the faculty of refined observation. Whenever a young person appears to lose flesh and strength without known cause; when the colour changes much from day to day and from hour to hour; when shiverings are complained of, or even a sense of too great chilliness, alternated by flushings and an oppressive warmth, or too copious perspiration; when with these symptoms there is cough, however slight, or pains between the shoulders and about the shoulder-blades, or below the collar-bones; when there is an occasional tendency to spit up small quantities of blood from the chest, or when the patient is subject to repeated attacks of catarrh, or when the bowels are habitually loose or irregular, or when with any one of these symptoms in the female there is diminution or suppression of the usual periodic discharges, it is not too soon to apprehend the occurrence of consumption, and to place the patient under medical advice.

Treatment and Remedy.

Nor must it be forgotten that active remedial measures are imperatively necessary. That "*diseases are cured by their opposites,*" is an aphorism not more ancient than true. When cavities or ulcers are formed in the lungs, in

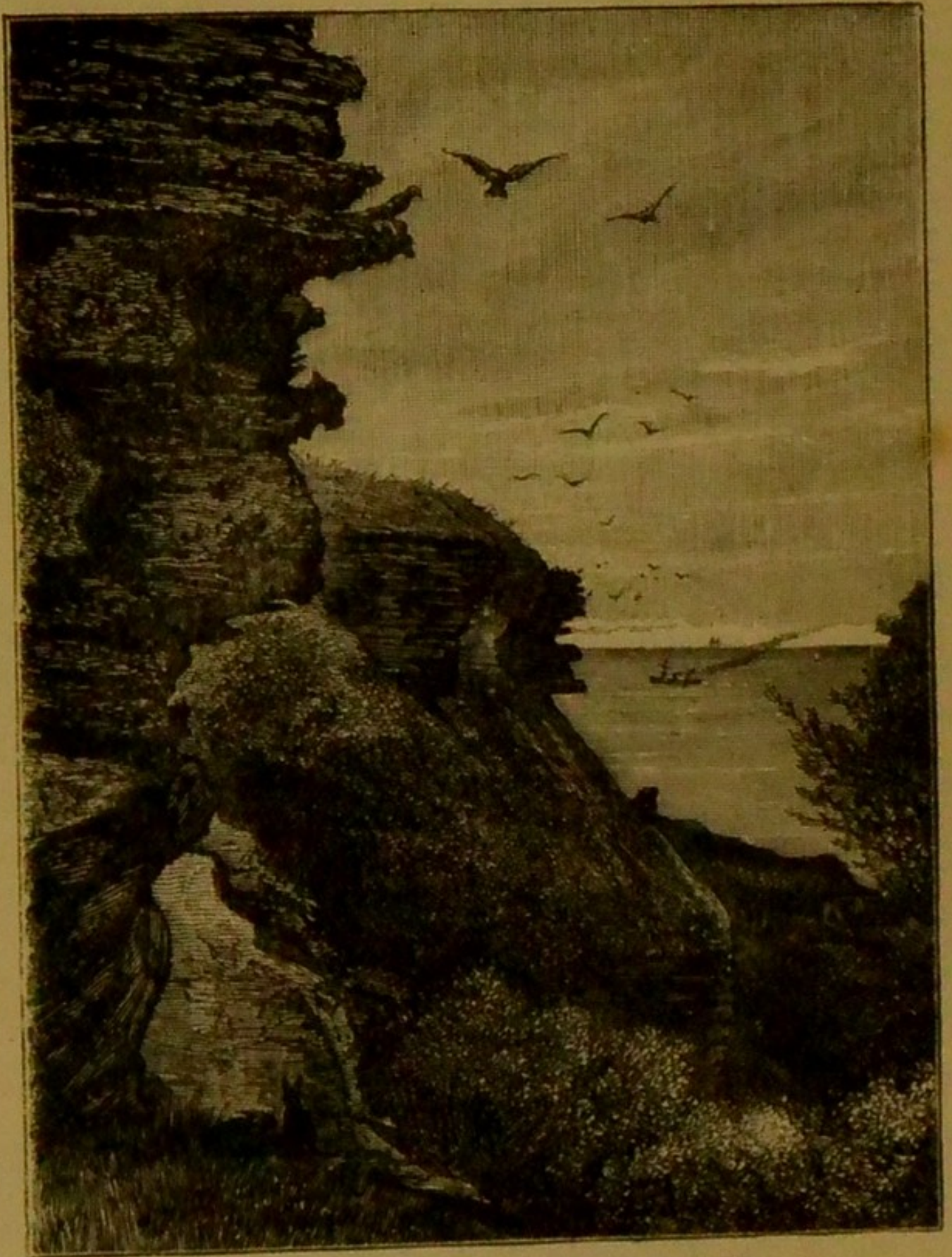
consequence of the tubercles giving way, they become filled with corrupt putrid matter, which nature strives to expel by expectoration. It is then, or never, that remedial art is brought to bear in assisting the healing efforts of nature, by means which possess properties opposite to those secreted by the ulcerating process. Such means are combined in Dr. Rooke's *Solar Elixir*, which is composed of some of the richest balsams in the world. In pulmonary disease, this noble medicine enriches the whole mass of blood, and gives it a due degree of velocity; it increases the vibrations and elasticity of the vascular system, by which a revulsion is made from the lungs. It liquefies and balmifies the mass of fluid which is continually passing through the lungs, and impels it with a greater impulse against the obstructed vessels, whereby the obstructions are forced open, the offending matter removed by expectoration, and the ulcers healed by the healthy blood which flows freely thereto. To relieve the cough and expectoration a dose of Crosby's Balsamic Cough Elixir should be taken in a little cold water.

In those cases of consumption or scrofula where cod-liver oil agrees, it acts as a very nutritious article; hence a tablespoonful may be taken one hour after each meal, floated on half a teacupful of cold water, in which must be previously mixed from six to ten drops of *Diluted Phosphoric Acid*. Cod-liver oil will agree with the *Solar Elixir*, which latter must be taken on the same day, before meals, as previously directed. Or, the medicine and oil may be taken together, after meals, as follows:—First drop the *Diluted Phosphoric Acid* into a teacup, then the dose of *Solar Elixir* and water, lastly, add the cod-liver oil. The *Diluted Phosphoric Acid* must be kept in a separate bottle properly labelled. Where a rupture of a blood-vessel occurs in chest complaints, or where there is expectoration of blood, the *Solar Elixir* and all stimulants must be suspended until these symptoms be removed.

CONCERNING BRITISH HEALTH-RESORTS.

When removal to a foreign country is impracticable, there are many places in the British Islands to which consumptive patients may resort and derive benefit. Of these one of the most highly thought of is the Isle of Wight, especially "the Undercliff" or "Back of the Island," of which Ventnor is the capital. This district is very hilly, and its various portions exhibit remarkable varieties of temperature. A National Hospital for Consumption has been established at Ventnor, and it has been very successful. Bonchurch, a pretty little village about a mile and a half out of Ventnor, is a sheltered spot with a mild and equable climate. The Undercliff is more celebrated than any part of the island, and it owes its celebrity in great measure to the account of it published by Sir James Clark. It is really a gigantic landslip five or six miles in extent, well protected from the cold winds, and affording a capital place where dwellers in the neighbourhood can indulge in healthful walking exercise. A writer of authority, speaking of the Undercliff, says:—"Its remarkable healthiness is attested by the returns of the Registrar-General, which prove that the death-rate of the district is absolutely the lowest in the kingdom; while the mildness of its climate is evidenced by the luxuriance of the myrtles, fuchsias, sweet-scented verbenas, and other exotics, which live through the winter without protection."

The *Isle of Wight*, small though it is, possesses a variety of climates, and has obtained a more than European fame by the description of Sir James Clark, a fame which has been upheld by the successful working of the model National Hospital for Consumption at Ventnor. The singular landslip on the south-eastern



THE UNDERCLIFF, ISLE OF WIGHT.

portion of the island, called the Undercliff, is a kind of terrace, about six miles in length, from near Bonchurch to Black Gang Chine. It is effectually protected from the N., N.E., N.W., and W., and to a great degree from S.W. It offers abundant space for out-door exercise on almost rocky ground. The chalk and sandstone rocks rapidly absorb fluid, and leave the ground generally dry. The sun-warmth is increased by reflection from the cliffs, and in some situations by that from the sea. The elevation above the latter (about 50 to 60 feet) is sufficient to prevent any irritating influence. The climate, though mild and equable, is fairly dry, not relaxing; and the beauty of the scenery, together with the geological and botanical features, add greatly to the value of the Undercliff as a health-resort. The portion from *Bonchurch* to *St. Lawrence* is the most sheltered, and *Ventnor*, which is built on a series of small terraces, offers very good accommodation of varied climatic characters; for the different parts of *Ventnor* exhibit marked differences: some are close to the sea, some are from 30 to 60 feet above it, some have the sun longer than others, some are nearer to the rocks, others farther away from them, being freely exposed to the air from all sides; some, again, receive more of the rays reflected from the rocks; others enjoy, in addition, the reflex from the sea, but, as Dr. Frankland has pointed out, only those houses from which the reflection of the sun in the sea can be seen. The climate is suitable to those who have a tendency to consumption, especially in the first stages of the disease; and can be recommended for chronic catarrh of the throat, larynx, and trachea, for scrofula, anæmia, especially chlorosis, general debility, retarded convalescence from acute diseases, &c.

Bonchurch.

Bonchurch is the lull before the storm. Peaceful, secluded, embowered amid trees, the little hamlet is a

picture of rural repose, and the tiny church, simple and meagre, even in comparison with the other meagre churches of the island, seems a fitting resting-place for men whose lives have been passed in patient toil rather than in the fierce excitement of strife. Leaving this sequestered hollow, and the lovely watering-place of Ventnor nestling close beside it, we come amongst the massive fragments heaved into all manner of strange shapes, and the rudely-riven precipices, that tell of mighty forces constantly at work. Silent and unseen, an irresistible power is ceaselessly mining the rock fortress. Insignificant as the rills look that bicker down the crevices, and slow though their work may be, we know that there lurks in them a wonderful strength, and that when this is exerted these walls of rude limestone may be hurled down to the valley beneath in a chaos of destruction which could not be wrought by the more awe-inspiring agencies of roaring thunder and blinding lightning. The greatest landslip of which any record has been preserved occurred near Black Gang Chine, after heavy rains, in 1799. Pitland's Farm, a hundred acres in extent, was moved bodily a long distance seaward; trees were upheaved and hurled into strange positions, where they took root and continued to grow, presenting the most weird and fantastic forms; and the soil was deeply ploughed in the most remarkable manner. This movement continued for two days, and the roar of falling masses, heard for miles around, was commonly attributed to an earthquake. The smaller landslip near Bonchurch happened ten years later. The masses here are not so gigantic as at Black Gang, but there are many grand fragments with smaller ones resting on them, the whole towering up in the form of huge natural pyramids; and the change from the gentle declivity of St. Boniface Down to this romantic waste of craggy, broken, and bare rocks is very striking. The most extensive, and in many respects the most impressive, landslips are in the neighbourhoods of

Steephill and St. Lawrence. The rugged platform known as the Undercliff is here nearly a mile wide. The surface of the ground is torn up into miniature hills and valleys, amid which houses nestle in picturesque irregularity; cultivated patches, where corn grows abundantly, are interspersed with large and lofty rocks, from the crevices of which briars and creeping brambles trail in tangled confusion. Myrtles, fuchsias, and semi-tropical plants flourish luxuriantly in some places, while close at hand there is nothing to be seen but wild weeds and the gnarled and twisted branches of stunted bushes fringing the dark sheer sides of frowning cliffs, where it seems as if the colour and brightness of a garden were suddenly exchanged for the gloom and solitude of a mountain pass. Behind all this, the irregular pinnacles and broken battlements, formed by successive fractures of the precipice, tower up to meet the mist-wreaths that so often envelop the higher points of the island; while in front are the numerous coves and steep cliffs of a pleasantly diversified coast line.

We have already mentioned the Undercliff on the south-east coast amongst the winter resorts. Good, mild, and fairly dry summer and autumn climates are offered by *Shanklin* and *Sandown* on the east; *Sea View* and *Ryde* on the north-east; *Cowes* and its neighbourhood on the north. *Yarmouth* and *Alum Bay*, on the north-west, are, to a certain extent, under the influence of the Atlantic, which is in still fuller force on the western coast, of which *Freshwater* may be regarded as the representative.

Hastings.

On the south-east coast of England the most important places as winter resorts are *St. Leonards* and *Hastings*, contiguous to one another, being sheltered by high cliffs from N., N.E., and N.W., but partly exposed to E., and entirely to S. and S.W. Their climates, however, are not exactly similar, Hastings being more sheltered and slightly



PORTELET BAY, JERSEY.

more sedative, approaching in character the Undercliff; while St. Leonards is more breezy, resembling the localities farther east on the coast. The lower parts of the town, being much nearer the sea and less exposed to wind, are somewhat warmer than the higher. The mean temperature of the five winter months (November to March), as given in Dr. Tripe's papers, is 41.4° , which is only 0.4° warmer than at Camden Town, therefore 6° lower than at St. Mary's, Scilly, and 5° lower than at Torquay; but the mean daily range was only 8° at Hastings, while it was 8.8° at Torquay, and 10.7° at Camden Town; mean monthly range at Hastings, 27.8° ; at Camden Town, 32.7° . The days of rain about the same as in London, but the quantity at Hastings is greater than in London; it is less, however, than at the other seaside winter resorts mentioned. The soil is dry, a thick layer of sand overlying the Wealden clay.

The winter climate of *Hastings* and *St. Leonards* is less suitable for those requiring shelter, warmth, and a humid and equable atmosphere; but cases of atonic gout and rheumatism, and atonic catarrh of the mucous membranes, and tendency to colds from weakness and atony of the skin are generally benefited here during the months from October to February; March is unsuitable on account of the east winds.

Channel Islands.

The *Channel Islands*, which in their climates resemble the south-west coast of England and the coast of Brittany, are more thoroughly marine than either. The comparatively high temperature and absence of extremes is manifested by the vegetation. Camellias, myrtles, and hydrangeas thrive freely; figs, melons, and grapes ripen without artificial heat; and pears are unrivalled.

North Cornwall and Devon, &c.

The north coasts of Cornwall and Devonshire are moister and more equable than the east and south-east

coasts of England, but they are fresher than the south coasts of their counties, and the beauty of the scenery and scope for excursions justly attract many visitors, who either cannot bear, or are not in want of, decidedly bracing climate. *New Quay* and *Bude* in Cornwall promise to become very useful resorts; *Barnstaple*, *Ilfracombe*, *Lyn-ton*, and *Lynmouth* are the most attractive places on the North Devon coast; and the meteorological tables published by Dr. Tripe for Barnstaple indicate that the winter climate is well adapted for many delicate constitutions if they are able to bear a certain amount of wind; the more so as Ilfracombe is during the five months from November to March 1.3° warmer than Barnstaple, and only 0.5° colder than Torquay, while the rainfall is less than at Torquay in each month. *Minehead*, *Weston-super-Mare*, *Clevedon* or *Portishead*, on the Bristol Channel, have the disadvantage of large muddy sand-fields in low water; but they are quiet, unpretending places, with beautiful walks, and their climate, though less fresh than the north coast of Cornwall, is certainly salubrious, and can scarcely be called relaxing.

Wales.

On the south coast of Wales the most important place with a mild, fairly dry, but decided sea climate, is *Tenby*; farther east, with less decided sea climates, but in beautiful situations, are *Llanstephan* and *Ferryside*. The west coast of Wales has only two places where climatic advantages are combined with good accommodation, viz., *Aberystwith* and *Barmouth*, both having rather mild and humid climates with fair shelter from E. and N., and entire exposure to W., S.W., and N.W. Barmouth has, however, the drawback of large muddy sand-fields during low water. Unpretending, and somewhat similar to Aberystwith, is *Aberayron*, at the point where the river Ayron flows into the Bay of Cardigan.

The localities on the north coast of Wales, though somewhat fresher, belong likewise to the mild and rather humid climates: *Beaumaris* in Anglesea, at the entrance of the Menai Straits, is in a splendid position and with good sea-bathing; *Aber*, *Penmaenmawr*, *Llandudno*, *Abergele*, *Rhyl*, *Bettws-y-Coed*, *Capel Curig*, *Llanberis*, and *Beddgelert*.

The North-West Coast and Isle of Man.

The coasts of Cheshire and Lancashire, under the influence of the Irish Sea, fully exposed to the west winds, share with the whole of the west coast rather high annual temperatures, cool summers, tolerably mild winters, and somewhat humid air.

Southport offers good accommodation, but *Hoylake*, *New Brighton*, *Lytham*, *Blackpool*, and *Fleetwood* are likewise valuable resorts in those busy regions. *Grange*, in Morecambe Bay, has a beautiful and very sheltered situation, and may serve as a winter station, but only for short periods of time, as it lacks enlivening qualities for prolonged residence.

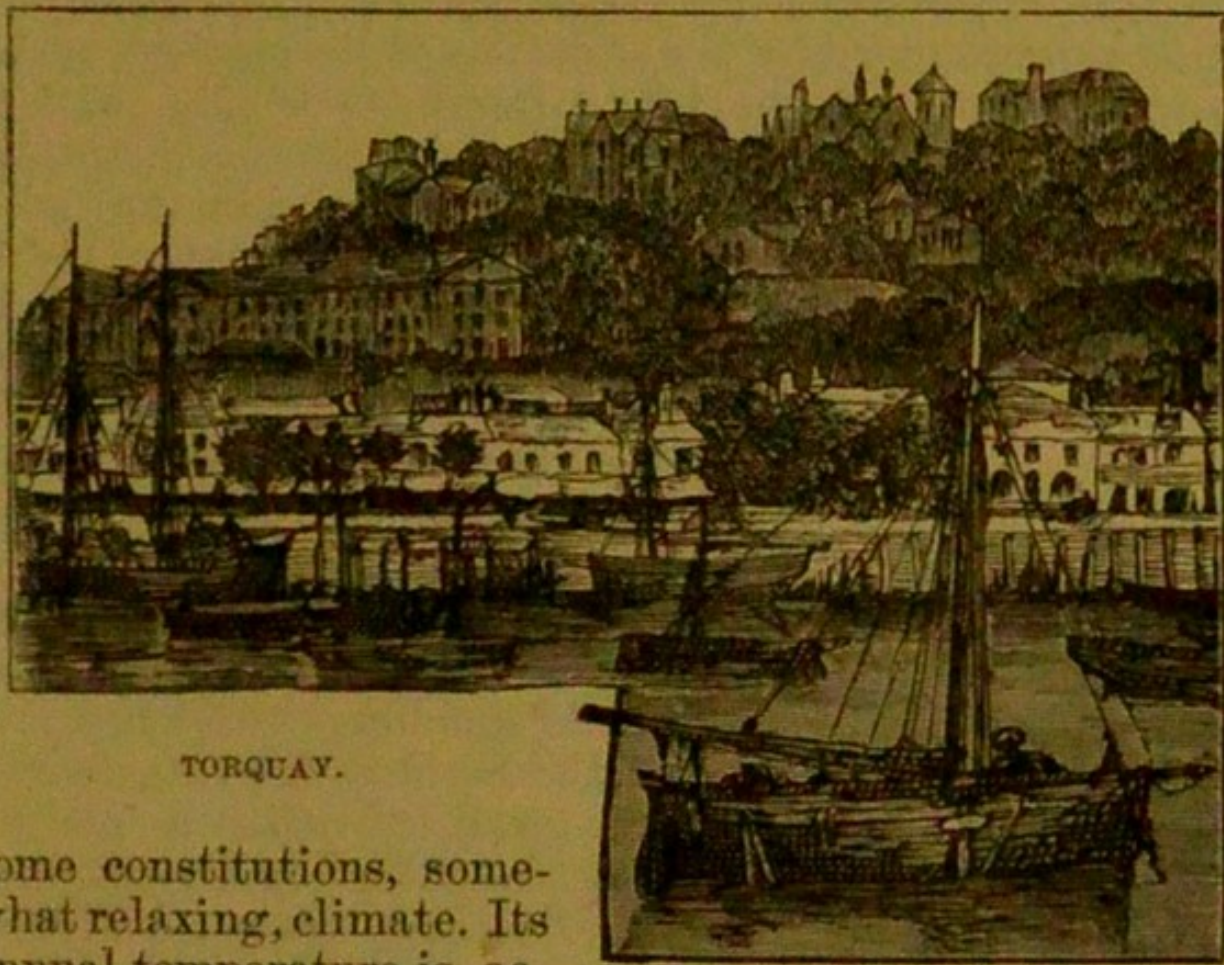
The *Isle of Man*, with good accommodation at *Douglas* and *Ramsey*, has an entirely marine climate, being situated in the midst of the Irish Sea, about eighty-two miles from Liverpool. The mean temperature of the year is about that of London, 49.5° , but that of summer is only about 58.6° , therefore nearly four degrees less, and that of the hottest month, July, 60.2° . The summer climate is more bracing than that of any locality near the western coast, and the sea-bathing is very good. This island deserves to be more appreciated.

Ireland.

Queenstown lies on the southern acclivity of the southern hill of the Island of Cove in Cork Harbour; it rises up in terraces almost from the water's edge, is well sheltered from the north, and quite open to the south. It has a remarkably mild, equable, slightly humid, and, to



BARMOUTH.



TORQUAY.

some constitutions, somewhat relaxing, climate. Its annual temperature is, according to Dr. Scott 51.93° ; of rain, 33.95 in.; mean dew-point, 46° ; mean winter fall temperature, 44.21° ; mean spring temperature, 50.17° ; mean of winter and spring, 47.19° . The mean temperatures of the year and of the seasons are very similar to those of Torquay, and higher than those of Hastings, Bournemouth, and Ventnor. Similar to those of Queens-town are the climatic conditions of *Glengarriff*, a harbour rich in beauty and with singularly indented coast lines, running in from *Bantry Bay*.

Scotland.

The best known winter resort in the *West of Scotland* is the *Island of Bute*, in which *Rothesay*, the capital, offers good accommodation. The little island is only eighteen miles in length from east to west, and four to six miles in

breadth. It lies at the mouth of the Firth of Clyde, and is almost surrounded by the high hills of the opposite coast, the highest point of the island itself being only 140 feet above sea-level. Sir James Clark, who, from communications by Mr. Thom, gives an accurate account, with meteorological tables, states "that the temperature never falls low during winter, nor rises high in summer, so that its yearly range is comparatively limited, being under 40° , which is at least 15° less than that of Glasgow. It rarely falls below 30° , or rises above 70° . In severe frosts on the mainland of Scotland, the difference between Glasgow and Rothesay is often from 10° to 15° ."

Ardrossan, in Ayrshire, is one of the youngest marine health-resorts, sharing the climatic qualities of the west coast, viz., cool and rather humid summers with temperate autumns and winters. Near the *Firth of Clyde* are some unpretending and agreeable localities with a marine climate, somewhat modified by rivers and hills; the best known of them are *Dunoon*, *Innellan*, *Largs*, *Millport*, *Wemyss Bay*, *Skelmorlie*, and *Gourock*. All these localities, together with *Rothesay* in *Bute*, are useful summer and autumn stations for the industrial centres of the west of Scotland, as Glasgow or Greenock; but they can scarcely be called bracing when compared with the localities on the east or south-east coasts of Scotland and England.

South-West Coast of Cornwall.

Penzance, in the extreme south-west of Cornwall, on the shore of the beautiful Mount's Bay, has little shelter from winds, but a remarkably equable temperature. The mean annual temperature, according to Forbes, is 51.8° , which is only 1.4° more than London; but Penzance is 5° warmer in winter, 1° warmer in spring, 2° cooler in summer, and 2° warmer in autumn. The difference between the warmest and coldest months in London is

26°, at Penzance only 18°. The mean daily range at Penzance is only 6°, that at Camden Town, London (Symons), 11°; the mean monthly range at Penzance, 21·3°; at Camden Town, 32·9°.

Torquay.

Torquay lies on a beautiful bay encircled by hills covered with villas. The three principal hills are called the Braddons on the north; Walden Hill, with a fine fir wood, on the west; and Park Hill on the east. Torquay is well sheltered from N. and N.W., and tolerably well from N.E., and this protection extends over a considerable part of the immediate neighbourhood, so that there is unusual opportunity for exercise as well on level ground as on gradual ascents, a great advantage to invalids. The general character of the climate is very much like that of Queenstown; but the air of Torquay is drier, and, according to Mr. Vivian, it is drier than at any other place in South Devon, which Sir James Clark ascribes in part to the limestone rocks that are confined to this neighbourhood, and partly to the position between two streams, the Dart and the Teign, by which the rain appears to be in some degree attracted. Various portions of the town differ greatly, that near the sea being more sedative and relaxing, that on the hills towards Babbacombe rather bracing, at all events by comparison; and the different aspects of the three hills offer to invalids a considerable choice.

Bournemouth.

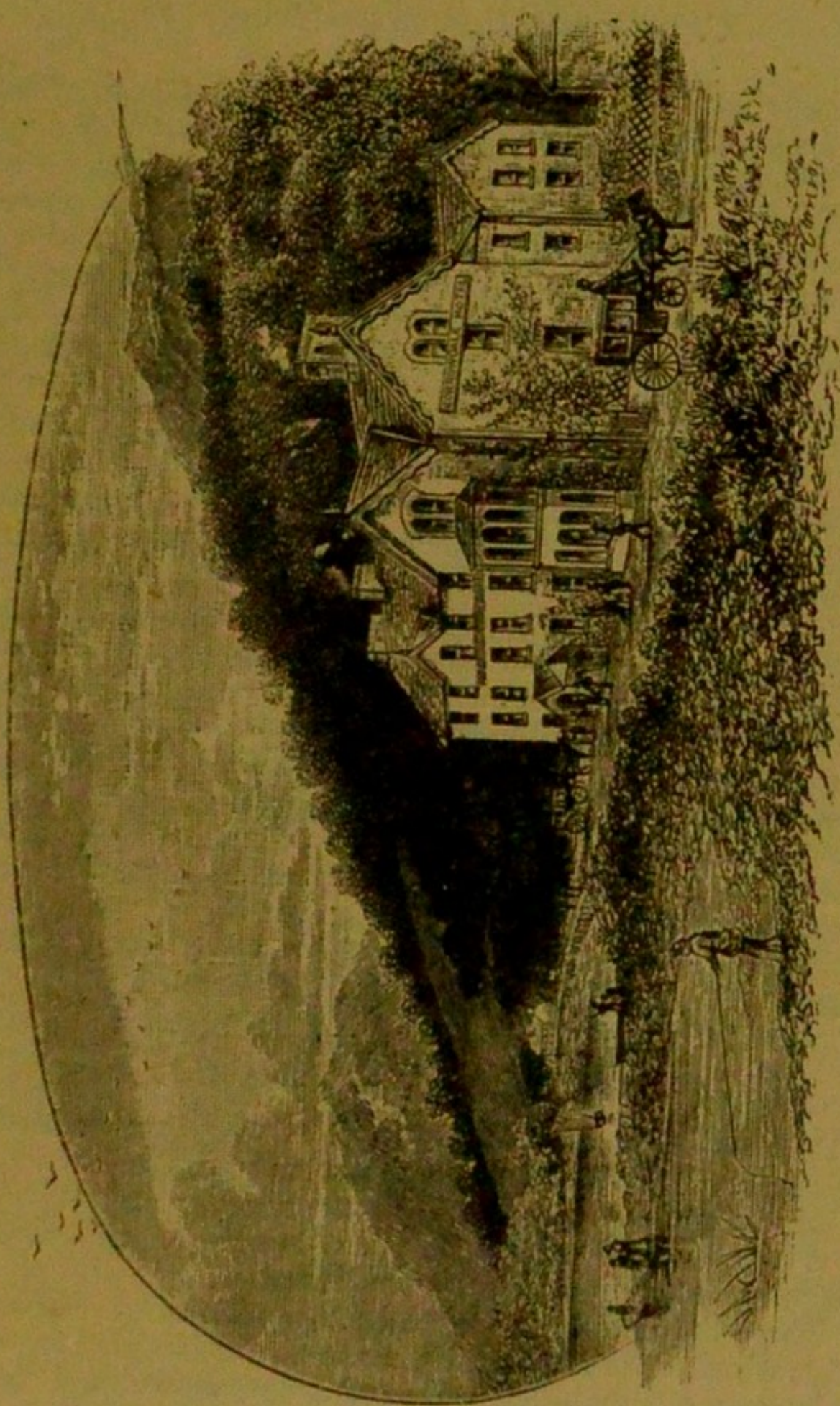
Bournemouth, on a bay of Hampshire, nearly opposite the western extremity of the Isle of Wight, lies partly in a basin, partly on the slopes of the surrounding hills, which are covered with fir trees. Many of the villas lie in the midst of small pine groves, by which the appearance of the entire place is rendered quite unlike other seaside places in England, and has been often compared with

Arcachon. The agency of the pine plantations in the neighbourhood of both localities is certainly not confined to shelter from wind; but their exhalations, and their whole organic life, exercise important influences on the surrounding atmosphere. The soil is dry, consisting of sand and sandstone. The hills afford good shelter from N. and N.E., and partly from E. winds, and this shelter is increased by the pine plantations; but to the milder winds, W., S.W., and S., the place is much exposed. There is, on the whole, more wind than at Torquay. The houses on the slopes of the eastern cliff are more sheltered from cold winds than those on the western. The meteorological observations of Drs. Mainwaring, Falls, and Compton show that the temperature conditions are rather similar to those of Torquay. If it is less sheltered, it is also less depressing. The amount of rainy days and atmospheric moisture may be called moderate.

Branksome, about two miles to the west, may be regarded as a continuation of Bournemouth, partaking of the same characters of soil and fir plantations.

Mountain Air and Stimulating Climates.

The mountains of England and Scotland have rather different climates from those on the continent of Europe; the insular position produces a greater degree of moisture, as well of soil as of air, greater equability of temperature, more rain, and more mist. The summer climate of the moors of Scotland and Yorkshire is thoroughly invigorating, and cannot be compared with the drier continental health-resorts of equal elevation. Unfortunately, many of the best neighbourhoods are inaccessible to invalids, as there are no hotels or sanitarium; possibly the landed proprietors do not like the disturbance of the game by visitors or invalids strolling about on their moors. We possess, however, a considerable choice of tolerably bracing, though not very elevated, localities. In Scotland:



BORROWDALE HOTEL, CUMBERLAND.

Braemar and *Ballater*, *Pitlochrie*, *Blair Athole*, *Inver-snaid*, the *Trossachs*, *Crieff*, *Moffat*, and *Strathpeffer*, the two last having the advantage of sulphurous springs; and the *Bridge of Allan*, a muriated saline spar, with a much milder climate than the other localities mentioned, and fair shelter from cold winds in spring. In England, the well-known spas of *Buxton* and *Harrogate* may be said to have stimulating climates, and the *moors* in the neighbourhood of *Buxton* still more so; the influence of the air, for instance, at the little inn called "The Cat and Fiddle," is much more bracing than that of *Buxton*, in the valley beneath. *Ilkley*, with the hydrotherapeutic establishments in its neighbourhood, is likewise thoroughly invigorating, as also *Gilsland*, in Cumberland. *Great Malvern* is milder, and has a fine position. *Llanberis*, *Llandrindod*, *Builth*, and many other places in Wales, may be recommended for climate as well as waters. The sand and chalk ridges of the south of England have invaluable advantages for the metropolis; as, for instance, the ridges of *Leith Hill*, *Tunbridge Wells*, *Frant*, *Sevenoaks*, *St. George's Hill* near *Weybridge*, and *Hayward's Heath*. *Clifton*, in the west, combines moderate elevation with nearness to the sea, and has been justly appreciated by Sir James Clark. Some of these localities, however have scarcely a claim to be regarded as hill climates.

The English Lake District

Is the most easy of access of any of our popular British health-resorts, and offers infinite variety of climate to suit all kinds of disease. Its hills are bracing and its vales most restful and soothing. The gems of the district centre round *Keswick* and *Derwentwater*.

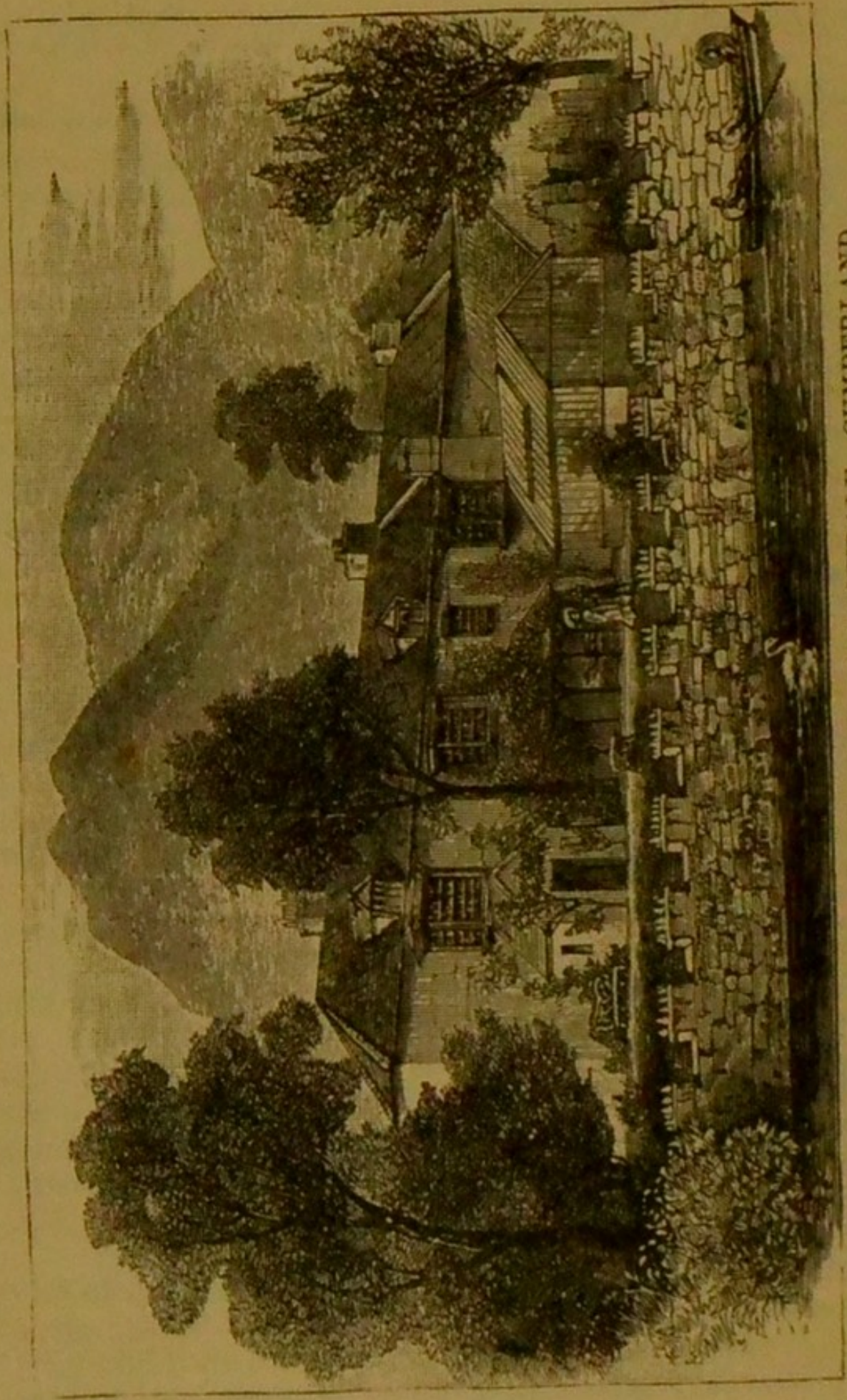
There is hardly a spot along the shores of *Derwentwater* which does not furnish some exquisite picture. Its banks are a succession of sloping meadows and ferny

braes, of groves of trees feathering down to the water, with bolder crags behind, and steep, rocky slopes of mountain pasture. Stand upon its margin and glance around. On one side the green flanks of Skiddaw rise from the almost level bed of the valley, and Blencathra's bolder form impends over the glen of the Greta; on another stands the group of mountains which forms the western boundary of the valley, their outlines more diversified than is usual in this district, and singularly graceful. The cluster from Causey to Grisedale Pike would challenge attention even in the Alps themselves. On the opposite side steeper cliffs impend over the valley. Above the groves that fringe their feet rise Wallow Crag, by whose rugged "rake" the ill-fated Countess of Derwentwater escaped in the troubled times of '45, and Falcon Crag, built up of sheets of lava, stiffened into stone when the world was young. But the crowning view is in front. Our glance passes up the smooth mirror of the lake, up the wooded bed of the valley, till it rests upon the rocky cone of Castle Crag, rising like a watch-tower over the inmost recesses of Borrowdale, around which the summits gathered about Scawfell shimmer through the morning light.

Along these shores one must not hurry; every moment some fresh charm bids us stay; now some foreground combination of rock and fern and mossy trunks of trees, now some new grouping of the wooded islands that stud the surface of the lake, now some glimpse of a mountain-peak shining through the boughs, its blue and purple tints seeming, if possible, more tender and ærial from contrast with the strong lights and shadows of the green leaves.

Borrowdale.

At the upper end of Derwentwater is Lodore, to whose cascade Southey has lent the charm of his verse. But if asked, "How does the water come down at Lodore?" I must answer, Except in a spate, it does not; and that



THE MANOR HOUSE, GRANGE, BORROWDALE, CUMBERLAND,
The Residence of Dr. Rooke, J.P., of Scarborough.

whoever visits it after reading the poem runs a good chance of being disappointed. But there is no lack of beauty, even if we neglect the waterfall. Here is Grange, a picturesque group of cottages, trees, ice-worn rocks, and an old bridge spanning the divided stream; here the huge mass of the Bowder Stone, on whose origin the geologist may speculate. Here we pass beneath the wooded sides of Castle Crag, where the valley narrows to a mere defile, and the stream goes dashing among the fallen blocks. Standing amidst this scenery, so softened by its wealth of vegetation from its natural ruggedness, it is hard to believe that a great glacier once filled the bed of Borrowdale, and passed high above the summit of Castle Crag. Yet there is its "writing on the wall," so plain that he who runs may read, and it is in the midst of this, the most romantic place in the Lake District, that Dr. Rooke lives during the greater portion of the year. Having travelled nearly the whole world over, he has come to the conclusion that the rugged scenery of the Cumberland mountains is the most suitable place for him as *his* health-resort. This is merely mentioned to show that every one should pick out the most healthy locality suitable to their own particular constitution; hence the reason why so many places of resort are mentioned in this little Handy Guide to Health.

THE "ANTI-LANCET,"*

Published by Dr. Rooke, of Scarborough, and of which the late Mr. Sheridan Knowles observed, "It is an incalculable boon to persons who can read and think," in an article on the "Treatment of Diseases," says:—

"A knowledge of the cause of diseases is half their

* The above work, which contains 172 pages, and is replete with anecdotes, sketches, biographical matter, portraits of eminent men, &c., may be obtained GRATIS and POST FREE from DR. ROOKE, Scarborough, England.

cure,' is an old truism; for if the cause be not understood, the treatment will be founded on conjecture. All diseases, however varied their type or symptoms, arise from the same cause, and may therefore be cured by the same means, regulated only by the age, constitution, and external circumstances of the patient. This Theory of Disease points out, with unerring certainty, the principles on which remedial means ought to be founded. If all diseases arise from vital depression, producing debility of the solids and corruption of the fluids, the vital energies must be restored, and the morbid matter expelled from the system by some of the excretory organs, as the *skin*, the *kidneys*, or the *bowels*. In other words, the *means* must be *tonic* and *alterative*; or such medicines as are calculated to restore *vigour* and *strength* to the solids, and to *alter* the morbid state of the blood. If a theory be judged according to its success, this must finally supersede all others, for the cures effected on these principles, in every disease, are such as no human means ever effected before."

"Seeing that all diseases arise from depression of nervous power, and beholding, moreover, the inutility and danger of the popular practice of medicine—which, not being founded any on fixed principles of science, is purely experimental and conjectural, consisting in administering, with as many diversified intentions, a multitude of different drugs, and ten thousand times ten thousand different combinations of drugs, and, consequently, of hurrying multitudes to premature graves—I bent my studies unremittingly for some years towards the attainment of a unity of purpose, or general plan of treating diseases; and the result is the discovery of two most noble medicines, which have already established their power and efficacy in the cure of diseases, beyond all others which have yet been discovered in any age or nation. These medicines were discovered in 1836, and are known by the name of the 'Oriental Pills' and 'Solar Elixir.'"

CONCERNING BRONCHITIS, COUGHS, AND COLDS.

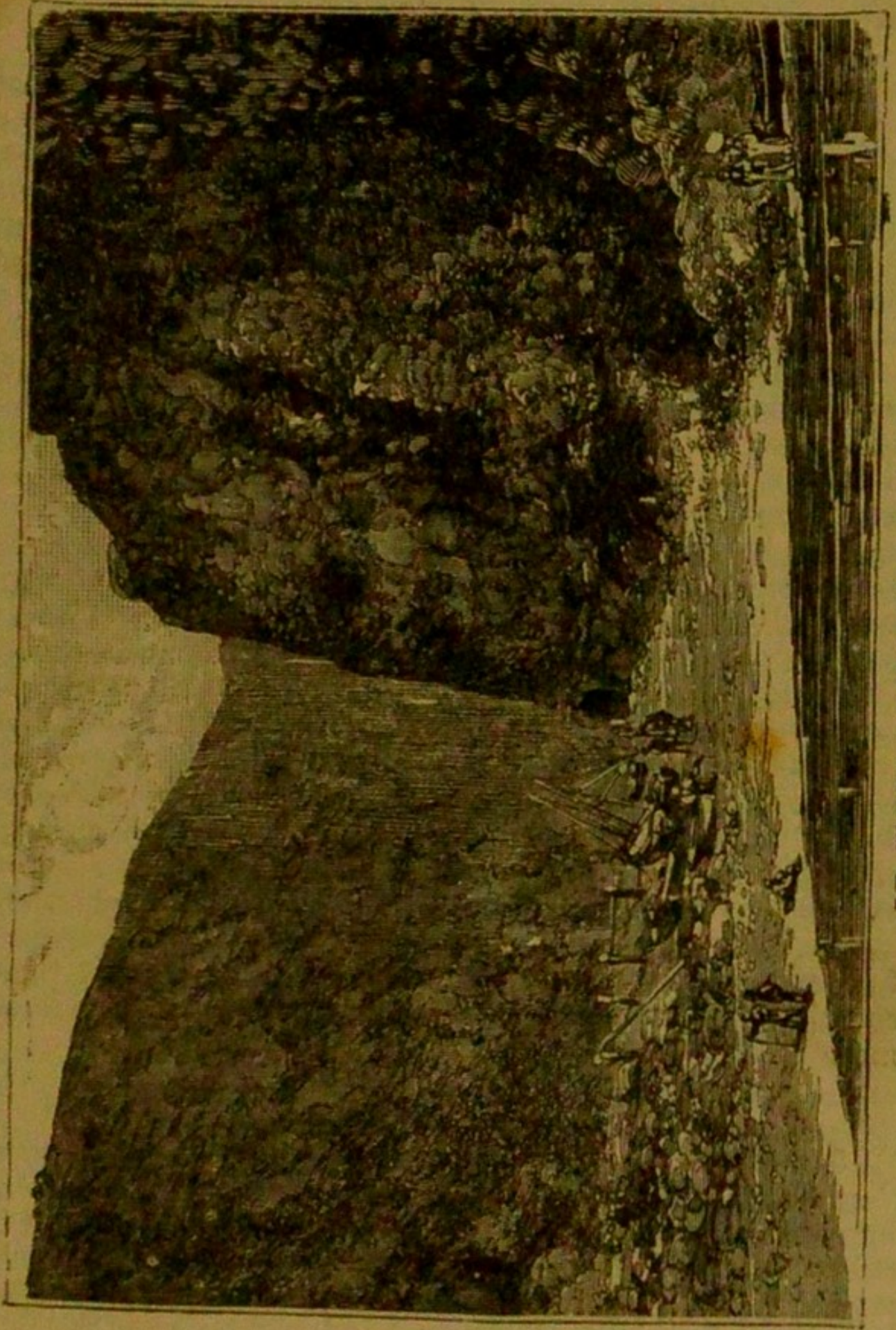
Bronchitis may occur at any age, but is most commonly met with at the extremes of life. It is a frequent complaint amongst children, especially when they are cutting their first set of teeth; and old people are also very prone to suffer from it. It occurs both in men and women, the former, from their frequent exposures to wet and cold, being more subject to it than the latter. Any constitutional weakness or debility, arising from overwork, under-feeding, or neglect of the natural laws of health, greatly increases the liability to it. It frequently attacks those who are suffering from some chronic illness, such as gout, or diabetes, or Bright's disease. It is a very common cause of death amongst rickety children. One attack of acute bronchitis favours the occurrence of another. The occupations which beget a liability to bronchitis are those which involve much exposure to wet and cold or sudden and marked changes of temperature. Employments which necessitate the inhalation of irritating particles floating in the air, such as cotton, steel, or charcoal, favour its occurrence. It naturally follows that the complaint is commoner amongst those who earn their bread by the sweat of the brow than with the rich and well-to-do. By far the largest number of cases is met with in the autumn and winter months. In summer it is comparatively rare, but from November to March or April it is very common. A sudden change in the weather, or a north-east or east wind, will be sure to bring with it bronchitis.

Damp Feet and Draughts.

The immediate cause of bronchitis is, nine times out of ten, cold in some form or other. It acts in many ways—you may get hot running to the station to catch a train,

and then sit in a draught from the window; or you may get hot dancing, and then go and cool yourself on the balcony; or you may get wet through, and neglect to change your clothes, or have no opportunity of so doing. Boots that let in the wet are a fruitful source of bronchitis. Many people get an attack from neglecting to wear flannels or a sufficient amount of warm clothing in the winter, and sleeping in damp sheets has caused many a man's death from bronchitis. If you are subject to this complaint, you cannot be too particular in keeping out cold, although you must be careful not to keep out fresh air as well. Living in a close stuffy room soon weakens and makes any person more than ever susceptible to bronchitis. Children who drivel much, and whose garments covering the chest are constantly moist, are very likely to have bronchitis, so that the greatest care should be taken to keep them dry and clean. London fogs have the credit of being able to excite bronchitis, and with many people they undoubtedly produce great irritation of the bronchial tubes.

Bronchitis varies very much in its severity—sometimes it is little more than a common cold, at others it is so severe as to endanger the patient's life. Usually, to begin with, there is an irritating watery flow from the nose and eyes, and a feeling of fulness, heat, and soreness in these parts, with frequent attacks of sneezing. Very often there is also tension or fulness over the forehead. The throat feels sore and rough; and the patient has to keep on hawking to clear it. The voice is usually affected, and becomes hoarse and husky, so that it seems quite an effort to talk. The patient feels hot and feverish and out of sorts, but the temperature is usually but slightly elevated. The pulse is a little quicker than natural. Sometimes the limbs ache, and the patient seems to have a cold all over. There is loss of appetite, the tongue is furred, and the bowels are confined. There is a sense of heat or rawness in the chest, particularly beneath the upper part of the



LE CREUX LANDING-PLACE, SARK.

breast-bone. Sometimes there is a feeling of tickling which is peculiarly distressing. Cough soon sets in, and usually comes on in fits, either spontaneously or from a draught of cold air, or some other source of irritation. They increase in frequency and severity as the disease progresses, and they are usually worse on first lying down at night or getting up in the morning. There is usually no expectoration to begin with, but this soon sets in; at first it is very slight, and thin and watery in appearance, but after a time it gets thicker and more copious, and assumes a yellow colour. Sometimes it is so thick that the greatest difficulty is experienced in getting rid of it. It sticks about the throat and the back of the mouth in the most distressing manner. Sometimes there are little streaks of blood in it, but that arises from the violence of the cough, and too much importance must not be attached to it. In favourable cases, and when energetic treatment is resorted to, the attack runs its course in from three to five days; but if the patient keeps about in the cold air, and takes no care of himself, it may last two or three weeks, or even longer. There is usually no cause for anxiety; but in rickety children, and in those who are ill-nourished, or the subject of some constitutional disease, it often proves dangerous, and a fatal result may ensue. Sometimes the inflammation extends to the smaller bronchial tubes, and it then constitutes a very serious condition. This complication is more likely to occur in children than in adults.

Wheezing.

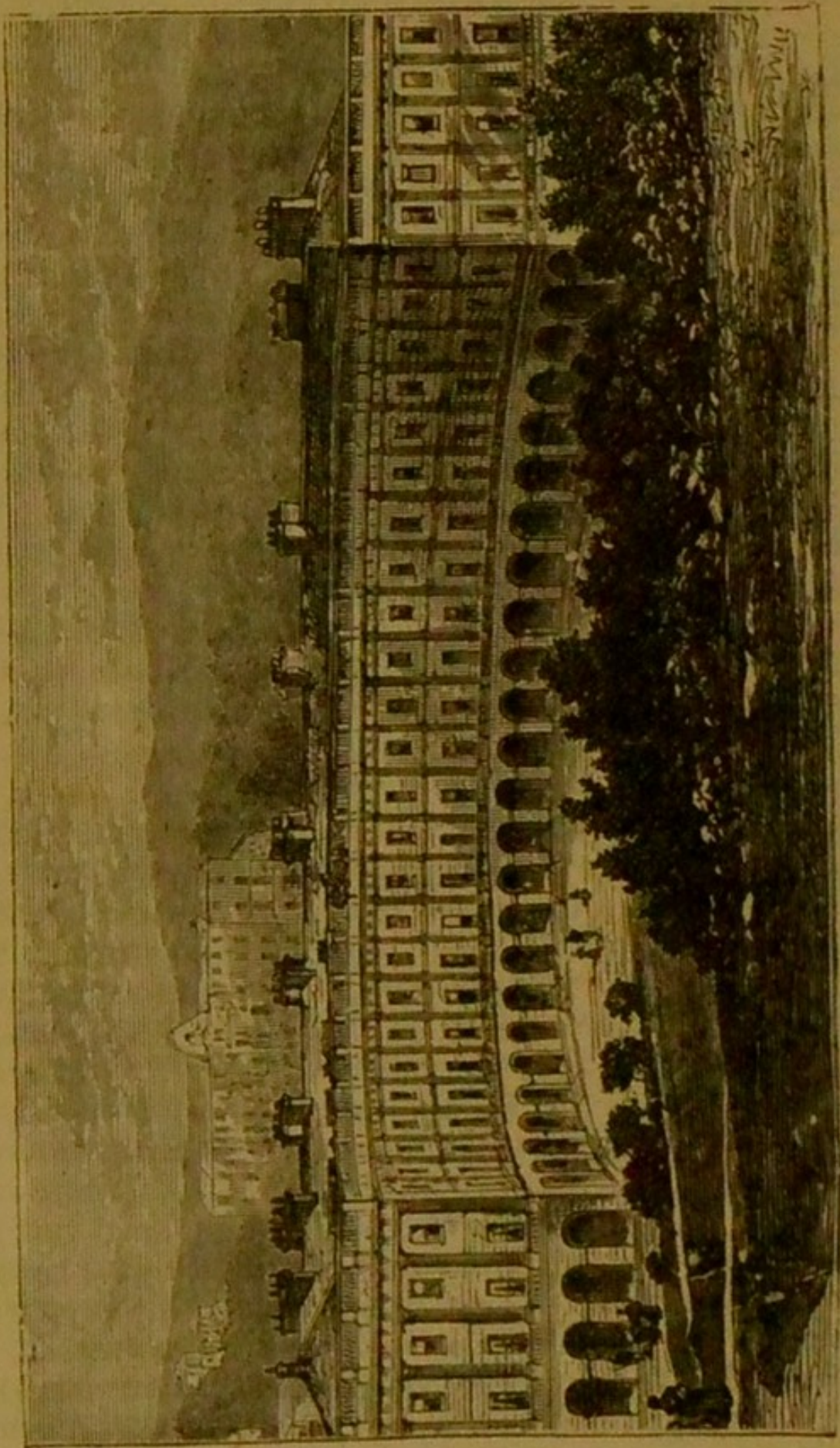
The onset of one bronchitis of the smaller tubes, or "capillary" bronchitis, as it is called, is often ushered in by well-marked rigors, severe headache, and sickness. Shortness of the breath is always a prominent symptom. It may be limited to quickened and somewhat laborious breathing, with a feeling of constriction and oppression across the

chest, or the respirations may be extremely frequent and hurried, attended with violent efforts during inspiration and an urgent craving for air. Sometimes there is very great wheezing, which may be heard at some distance from the bed. The cough is almost continuous, but it also comes on in extremely violent, prolonged, and distressing paroxysms, during which the face becomes swollen, red or purple, and the veins swell and the arteries throb and throb again. There is a great deal of expectoration, which is coughed up with the greatest difficulty. There is an exception to this in the case of children, who do not expectorate, or rather swallow what they bring up.

In the milder forms of bronchitis the patient is usually convalescent in from nine to twelve days; but in severe cases of capillary bronchitis it may be three weeks before convalescence is established. There is evidence to show that bronchitis may lay the foundation of consumption.

Can't be too Careful.

Bronchitis, however slight, should never be neglected, because a little care and appropriate treatment may put an end to an attack which might otherwise become very serious, or even lead to a fatal result. A neglected cold may lay the foundation of an incurable disease. The treatment will vary somewhat, according to the severity of the attack; but if you err at all be sure that you err on the side of over-care. In the first place, it is absolutely necessary to stay in-doors. It is very hard sometimes to have to do so, but there is no help for it. It is economy of time in the long run, and the sooner you recognise that fact, the better your chances of a speedy recovery. Your room should be kept warm with a good fire if the weather is at all unfavourable. It is a good thing to try to get yourself into a profuse perspiration, and you had better do this on the first night of your illness. Have a good fire lighted in your bedroom a



THE CRESCENT, BUXTON.

couple of hours or more before you go to bed. Have an extra supply of bed-clothing, and sleep between the blankets. Have your bed well warmed with the warming-pan, and take a couple of hot-water bottles to bed with you. These hot-water bottles should be placed in a flannel bag, and then you can put them against your legs or body without any fear of being burnt. You should either have a hot bath just before getting into bed, or you should put your feet in hot water with some salt and mustard in it. Then you should put a good large hot mustard poultice over your chest, and keep it on as long as you can conveniently bear it. Having done this, take a dose of Crosby's Cough Elixir in a wine-glassful of water every six hours, day and night; at the same time apply a strong mustard poultice, or Cooper's Sinapine, to the chest, and allow it to remain there one or two hours, or sufficiently long to take well hold; repeat the poultice every twenty-four hours until the severity of the symptoms has abated. Fomenting the breast well with warm water and flannel, previous to applying the poultice, will be found serviceable in allaying the acute pain in the chest. When the disease has been mitigated by these means, then the Cough Elixir need only be taken two or three times daily until a cure is effected. In ordinary cases of *Bronchitis*, a dose of Cough Elixir need only be taken every night and morning in a little cold water. A dose of the Oriental Pills every other night at bed-time will be of service.

Coughs and Colds

Are, as is well known, extremely common in our country, and, as a rule, are the most despised and neglected; if it were only known how frequently they sow the seeds of Pulmonary Consumption in young persons, and Asthma in the old, they would then receive due care and attention, for sufferers would be too glad to get rid of such trouble-

some and dangerous companions. CATARRH, or COUGH, is the result of perspiration being too suddenly stopped, or of allowing the feet to remain damp and wet, the latter often arising from the baneful habit of wearing too light shoes; either of these exciting causes gives rise to an overloading of the bronchial tubes in the lungs with a frothy fluid, called mucus, and having to relieve themselves of this undue secretion, the act of doing so originates the severe coughing and peculiar soreness of the chest so often felt and described.

By a COLD is generally understood a sudden check of perspiration from an improper exposure to cold, which, if not relieved, may end—as above stated—either in Bronchitis, Influenza, or Consumption. It generally begins with a stoppage of the nose, and consequently a difficulty of breathing through it; there is a dull pain in the forehead; the eyes are heavy, full, and watery; and in the progress of the disease there is a great discharge of mucus from the nose. Sometimes cold shiverings are felt, at least the body is more sensible than usual to the coldness of the air; and with all this the pulse is more frequent than ordinary, especially in the evenings. These symptoms are sometimes attended with some *Hoarseness*, a cough, and a sense of tightness and pain in the chest.

Crosby's Balsamic Cough Elixir by its soothing and invigorating properties strengthens the lungs, dissolving the tough and viscid phlegm, thus enabling them to throw off the irritating matter, when the respiratory system becomes relieved, and a permanent cure is soon effected.

COUGHS: TREATMENT.—Take the Cough Elixir twice daily, morning and night, in a little cold water; should the cough be very severe, it may be taken three times daily. Put the feet into hot water every evening, just before going to bed.

COLDS: TREATMENT.—First take a dose of the Cough Elixir, then put the feet into hot water just before going

to bed; after being in bed an hour, take a basinful of hot gruel or sago, with two tablespoonfuls of rum in it, which, in connection with the medicine, will cause a profuse perspiration, and the next day, in most cases, will find the cold gone; but, if not, take a dose during the day, and repeat the same plan for a night or two until a cure is effected.

Persons who are liable to *Colds* should have frequent walking out-door exercise, and take the Solar Elixir regularly twice a day, in the infusion of Calumba Root; this will increase the vigour of the circulation and strengthen the system generally. The disposition to take cold may be in a great degree lessened by gradually acquiring the habit of being exposed to sudden changes of heat and cold. It is of great importance, however, with regard to preventing colds, to avoid as much as possible all sudden extremes either of heat or cold.

Winter Cough.

“It is important,” says Dr. Hooper, in his *Vade Mecum*, p. 338, “that those who are subject to Bronchitis, or who labour under it in the chronic form, should avoid all unnecessary exposure to cold. This is especially necessary in the Bronchitis (winter cough) of old people, which is greatly aggravated by exposure to cold. The rooms which they inhabit should, therefore, be kept warm, and as nearly as possible of a uniform temperature; the chest and extremities should be carefully protected from cold; and they should avoid exposing themselves to cold air. If obliged to leave their rooms during the winter, they should use a respirator, or what answers nearly as well, a folded handkerchief held over the mouth. In many cases exposure to cold air gives temporary relief, but the symptoms return with renewed severity when the circulation is restored by the warmth of the room.”



DR. ROOKE, F.G.S.,
Author of "The Anti-Lancet."

CONCERNING DR. ROOKE.

A brief account of Dr. Rooke's labours in the cause of Medical discovery may very appropriately come in here, by one who knows his work and has had the pleasure of his friendship for years.

In early life he showed great aptitude for studies on abstruse scientific subjects. In 1836 he studied in one of the best Medical Colleges and Hospitals in London, and afterwards graduated at the University of Giessen.

His great object in life was to discover, if possible, a medicine that would prove of general application, that would combine innocuousness with efficacy in the treatment of disease, and that would be a *panacea* for almost every form of it.

The result of his painstaking zeal in this direction was the discovery and preparation of his world-renowned Solar Elixir and Oriental Pills.

Not the least, however, of his achievements was his production of the "Anti-Lancet," a work which prepared the way, and, in fact, initiated the movement against blood-letting, which ended in its almost total abolition.

The "Anti-Lancet" has had an unprecedented circulation in England and all over the world, and is a masterpiece of logical argument, as well as an admirable compendium of medical science in the treatment and cure of disease.

Dr. Rooke says, in the introduction to the "Anti-Lancet" for 1846:—"In the following pages I have presented to the reader for the first time, a Medical System founded on the immovable principles of Nature." And, in the edition for 1863, Dr. Rooke says:—"Justice and truth will acknowledge that it was the author of the 'Anti-Lancet' who first publicly taught that *nervous depression* can alone account for the varied phenomena of disease, which fact all future investigation will tend to confirm."

Dr. Rooke's researches in geology and archæology

are well known. His museum of antiquities and fossils, &c., at Scarborough affords evidence of his love of scientific discovery, while his vast collection of scientific and other works shows the varied reading to which he has devoted his leisure opportunities.

Dr. Rooke may very justly be esteemed as a benefactor to his race, and as one who thoroughly deserves the substantial results that have rewarded his exertions in the cause of Medical Science.

A critic, writing about Dr. Rooke, says, "He is one of the greatest men of the day in his particular line of medicine, and his theory will be universally acknowledged by untold generations when the present fashionable ideas and their authors will have been long forgotten and unknown. But the name of Dr. Rooke will long survive in the hearts not only of those whom he has directly benefited, but in those of their children's children, and be handed down with reverence even to their posterity."

It is now necessary to say a few words relative to the *Medicines* recommended, which were discovered, after protracted and hard study, in the year 1836; and after their utility had been repeatedly experienced in private practice, they were made public, since which time they have been taken by many thousands of persons, and have been of extensive use in the removal of disease where other means have failed.

Dr. Rooke's Oriental Pills.

Their discovery was the result of many long years' laborious application to the study of vegetable chemistry; a science which has hitherto been very little understood by the profession: which fact is most extraordinary, when the inutility and utter worthlessness of the mineral and other medicines have been so long admitted. Worthless they certainly are, or why have recourse to such a host of

different drugs and their countless combinations, all different in their nature and action? Amidst such a mass of confusion and uncertainty, we need not be surprised that diseases have been so seldom cured by professional men.

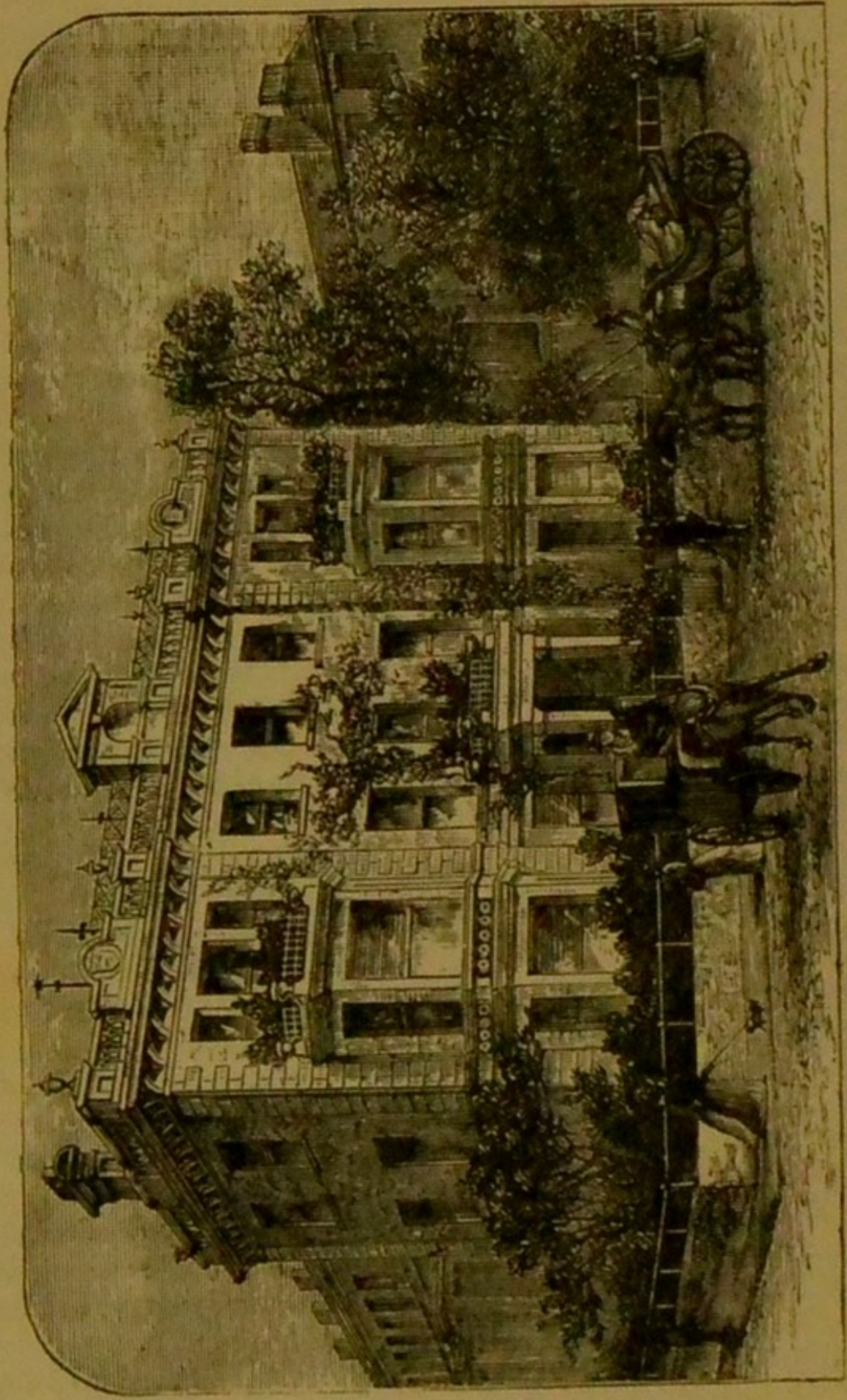
The ORIENTAL PILLS are so named from their being composed of some of the choicest gums and balsams of the Eastern regions, and of the finest qualities that are imported. Their action on the system is both *aperient* and *alterative*; and by these united effects they carry off by the bowels all morbid humours from the body, whilst, at the same time, they gradually and imperceptibly change the blood to its original state of purity. I have, with much study and close attention, brought the *purifying* and *aperient* properties of these *Pills* to such a state of perfection that it is impossible for them to be taken in any case of disease—either acute or of years' standing, and by whatever symptoms it may be attended—without the patient being benefited by them; and sometimes the change produced by only one dose is so great as to excite astonishment.

Dr. Rooke's Solar Elixir.

The SOLAR ELIXIR is prepared, by a tedious and difficult chemical process, from the celebrated Indian herb, *Chirayaita*, combined with several other tonics and aromatics of the most valuable nature which are to be obtained in the East. Experience teaches us that amongst the vast variety and infinite store of plants, roots, and herbs used in medicine, none are so powerful, none so efficacious as remedies, as those obtained from that hemisphere.

The two medicines above mentioned do not contain one particle of any mineral or other deleterious article; but, on the contrary, are composed of the finest drugs, obtained from the vegetable kingdom only.

The ORIENTAL PILLS and SOLAR ELIXIR will completely remove all disorders, by restoring the digestive



DR. ROOKE'S CENTRAL WAREHOUSE, SCARBOROUGH, ENGLAND.

organs to healthy action, and altering the secretion of the bile. The very first dose of Pills generally relieves bilious symptoms, and a single trial will speak more in their favour than words can express.

“Accept, dear Rooke, this token of regard,
Nor deem this worthless thing your sole reward—
A lasting debt of gratitude remains ;
A vivid sense of which my mind retains.
Conscious that I can never pay to thee
The worth of what thy skill hath done for me ;
Yes, done for me, in what thou didst for mine,
When hope *at most* in flickering rays did shine.
Disease, the sting of grief, and sighs of care,
Nay more, the *canker-worm of dark despair*,—
Were all dispelled, and health brought to my wife
By your ‘Re-animating Balm of Life.’
As flowers in spring succeed the winter’s snow,
So health once more upon her cheeks doth glow ;
As we the fruits of summer reap with joy,
So smiles she now upon her infant boy.

“JOHN GUSTHART.

“Newcastle, July 24th, 1863.”

Safe and Efficacious.

Dr. Rooke’s ORIENTAL PILLS and SOLAR ELIXIR are safe and efficacious medicines for the gout.

The *Oriental Pills* and *Solar Elixir* cause no unpleasantness; on the contrary, they are powerful, yet soothing and mild in their operation. They substitute calmness, tranquillity, and balmy sleep, in the place of pain, weariness, and restless nights; a renovation of long-disused limbs, and, during the continuation of life, a cessation of many distressing pains.

In chronic rheumatism, where sleep has been a stranger to the eyes, the *Solar Elixir*, given according to the directions, has succeeded in inducing refreshing sleep, after *opium* and its preparations have completely failed. Indeed, the consolatory and assuaging relief that it has afforded to numbers suffering therefrom, justly entitles it

to be proclaimed as the greatest discovery the world has ever produced for the cure of pain and debility.

The best *aperient* which ever was or can be invented is the *Oriental Pills*.

The *Solar Elixir* is a most invaluable remedy in all disorders attended with depression of spirits; acting like fresh oil poured into a tremulous expiring lamp, it infuses new action into the functions of the stomach, whereby the body becomes strengthened and the mind tranquillised.

The *Oriental Pills* and *Solar Elixir* have had the happiest effects, after the usual courses of bleeding, leeching, blistering, and plaistering have been found worse than useless.

The *Oriental Pills* and *Solar Elixir* are fully acknowledged by all who have tried them to be most efficacious; and certainly no medicines hitherto known have been more successful. Multitudes who have apparently been running through the stages of consumption, and affected with fainting, languor, pain in the breast and side, cough, shortness of breath, palpitation of the heart, swelling of the feet, depraved appetite, and other symptoms, have been completely cured by their use. Indeed, within the last few years these medicines have been administered in some thousands of cases; and with gratification I add that, to my knowledge, they have only failed in four cases, and this arose from negligence in not adhering to the given directions.

How to take them.

Take a dose of the *Oriental Pills* two or three times a week, and the *Solar Elixir* as ordered in the printed directions wrapped round each bottle.

The action of tonics and alteratives has been explained in the pages of the "Anti-Lancet," which the reader should peruse.

The *Solar Elixir* and *Oriental Pills* possess those

properties in an admirable degree; and with the aid of proper food, air, &c., will cure diseases in every case, unless the constitution is quite broken up.

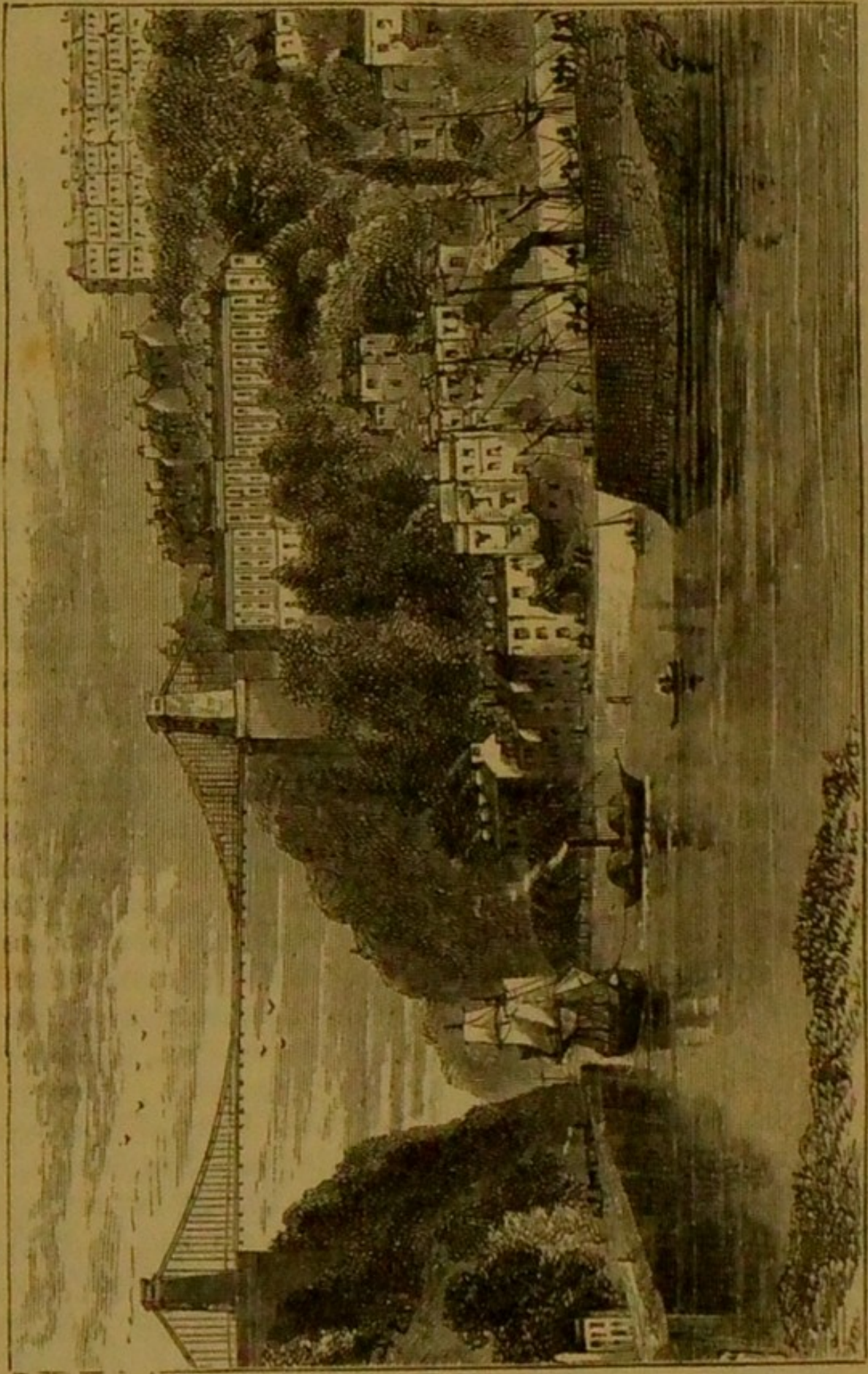
If the *Oriental Pills* and *Solar Elixir* be taken as directed, in the early stages of asthma, they will re-invigorate the relaxed air-passages, restrain the secretion of mucus, and seldom fail of curing the disease. In long-standing cases, where *organic disease* exists in those passages, the medicines will greatly subdue irritability, mitigate the complaint, and retard its paroxysms.

Value of Dr. Rooke's "Solar Elixir" in Old Age.

Copy of a letter from a gentleman in Bradford, Yorkshire:—

"Sir,—Perhaps you will remember my obtaining a supply of medicines about twelve months ago, which, with suitable diet, entirely cured me of some complaints connected, I presume, with indigestion, which had long affected me. I have now been quite well for the last few months, and increase both in strength and weight. The object of writing at present is not, however, on my own account, but to order a supply of medicines for my mother, who has long been subject to ailments inseparable from old age, such as loss of appetite, headache, feebleness, restlessness, &c. She says she has derived more benefit from the *Solar Elixir* and *Pills* than from any medicines procured from the medical men here; and she has consulted the first practitioners in Bradford. Her improved looks, and alacrity of mind and body, all bespeak the exhilarating effects of the medicines: the which, I need not inform you, is exceedingly gratifying to me."

It may be useful to mention here that the *Oriental Pills* are made up in boxes at 1s. 1½d. and 4s. 6d. each, and the *Solar Elixir* is put up in bottles at 4s. 6d. and 11s. each.



CLIFTON, BRISTOL.

CONCERNING INDIGESTION, BILIOUS LIVER COMPLAINTS.

Indigestion.

Indigestion is the prevailing and fashionable malady of civilised life. The doctor is more frequently consulted about disorders of digestion, and those connected with eating and drinking, than about any others. Fortunately doctors have good solid ground to go upon in dealing with these diseases, for some years ago an American physician, Dr. Beaumont, was afforded the singular privilege of looking whenever he liked into the interior of a healthy man's stomach, and watching the process of digestion. This privilege was obtained by what must be regarded, from a medical point of view, as a happy accident. It appears that a young Canadian, Alexis St. Martin, had a portion of the skin, muscles, and ribs of the left side of his body blown away in a gun-shot wound, which laid open the stomach also. He recovered from the frightful injury, but with an open wound in the side which led directly into the stomach. The opportunity was taken, with the patient's consent, of instituting a number of experiments on the process of digestion. Different articles of food were eaten by St. Martin, and the action of the gastric juice upon them in the stomach was carefully watched. It is difficult to over-estimate the value of the information so obtained. In fact, it is to these observations that we owe much of our knowledge respecting the relative digestibility of different articles of food. It was found that beef was more readily digested than mutton, and mutton more readily than either pork or veal. Among the substances most quickly digested were rice and tripe, both of which disappeared in an hour. Fowls are far from possessing the digestibility usually attributed to them, but turkey is of all kinds of flesh,

except venison, the most readily disposed of. There is no more frequent cause of dyspepsia than an excessive consumption of food. Over-eating, whether it consists in a single surfeit, or in that habitual indulgence to excess of which so many of us are guilty, is especially injurious.

Too much Liquid.

Drinking too much fluid of any kind at a meal is mischievous, by over-diluting the gastric juice and impairing its solvent power. Imperfect mastication of food, either from carelessness or hurry, or owing to the pain of bad teeth, is another cause. Indigestion may arise from an improper arrangement of the meals; some people, for example, take only one meal in the twenty-four hours, whilst others huddle all their food into the stomach at four or five periods within seven or eight hours, and then leave it idle for sixteen or seventeen hours. The error most frequently committed is that of not allowing a sufficient time to elapse between the meals to permit of the stomach doing its work and getting a proper rest. The stomach is a long-suffering organ, but still you must not impose on its good nature; it must have time to perform one task before it can set about another. It is just as bad to allow too long an interval to elapse between the meals as too short a one, and many cases of severe and obstinate dyspepsia have been induced by the habit of going without anything to eat from an early breakfast to a late dinner. A very marked effect of long-fasting is familiar to all under the title of having "overstayed the appetite," and it has been found that the secretion of gastric juice is greatly diminished by long abstinence from food.

Mixed Diets.

Much has been urged respecting the injudicious admixture of foods as a cause of dyspepsia. Of the

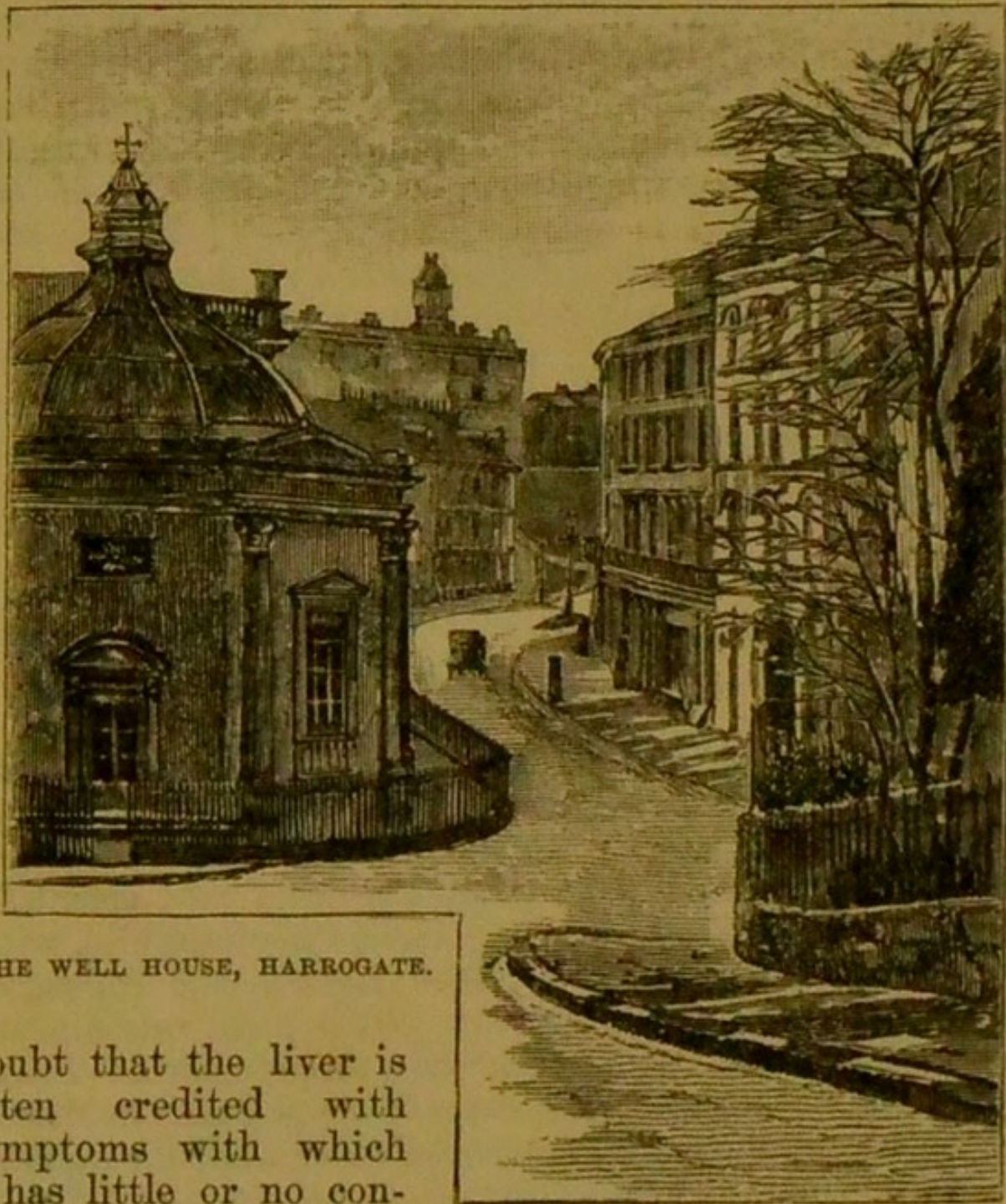
frequently injurious influence of a mixture of many different kinds of even wholesome articles of diet there can be no doubt. It is impossible, however, to make any very positive assertion on this point, for within certain limits variety is undoubtedly conducive to health, and the too strict limitation to one or two kinds of food is frequently quite as detrimental as excessive heterogeneous indulgence. Eating indigestible or unwholesome food is, as every one knows, one of the commonest causes of dyspepsia. In addition to substances which may be regarded as generally more or less injurious there are many which become injurious only from the circumstances or condition under which they are taken. For example, there are many people who can eat pastry in the middle of the day, but who dare not touch it for supper or at a late dinner.

Want of Exercise.

Want of bodily exercise, excessive labour, inordinate intellectual exertion, mental anxiety, and general debility, are all prominent factors in the production of dyspepsia. The nervous irritability of many literary and scientific men has its origin in dyspepsia. Sedentary pursuits, with excessive mental labour, will soon disturb the digestive functions, for, as has been very justly said, one digests with the legs almost as much as with the stomach. There can be no doubt that in many cases dyspepsia may be traced to excessive indulgence in tea or coffee, or alcoholic liquors, to the inordinate use of condiments, to immoderate smoking, or even to the practice of taking large quantities of snuff.

Biliousness.

Nothing is more common than to hear people say that they are bilious, and that their liver is out of order. No one supposes that it is a serious complaint, but it is uncommonly disagreeable while it lasts. There can be no



THE WELL HOUSE, HARROGATE.

doubt that the liver is often credited with symptoms with which it has little or no concern, and on the other

hand symptoms are often referred to other organs which undoubtedly have their origin in the liver.

We fear that errors in diet have a great deal to do with it. There can be no doubt that the present system of living, and especially the consumption of even what are regarded as average quantities of rich food and stimulating drinks, have much to answer for. It will be generally

admitted, and it would not be difficult to prove, that most people eat more than is good for them—more than suffices to maintain the nutrition of the body. Of course, we do not mean that you individually take too much; but still, if you look round at your neighbours you will at once perceive that the amount of food they take is positively disgusting. Much of this excess is passed off by the bowels, but a great deal of it is taken up by the blood, and accumulates in the system, upsetting the liver. With regard to different kinds of food, we know that the liver is most apt to be deranged by sweet or fatty substances. Derangement of the liver is in many people more likely to be induced by even small quantities of these substances than by a moderate excess of meat. Rich sauces and sweets are very apt to disagree. There are also certain peculiarities with regard to many articles of diet, which always derange the liver in certain individuals, though they are comparatively harmless to others.

Alcoholic Drinks.

But above all, alcoholic drinks are the most likely to cause liver derangement. They act injuriously in two ways. In the first place, even small quantities of alcohol in healthy people produce a temporary congestion of the liver; and if the alcohol be taken in excess, or too frequently, the congestion becomes permanent, and the functions of the organ are deranged. But wines, and in fact most alcoholic drinks, contain large quantities of sugar; and this, as we have seen, proves especially injurious to those who are prone to liver disturbance. It has been found that the injurious effect of alcoholic beverages upon the liver increases in a direct ratio to the amount of sugar and spirit they contain. It would seem, indeed, that a mixture of spirit and sugar produces injurious results, which would not be caused by taking a much larger quantity of spirit or sugar alone. Practically, we know

that the alcoholic drinks which are most apt to disagree with the liver are malt liquors of all sorts, but especially stout and the stronger forms of mild ale, port wine, madeira, tokay, malaga, sweet champagne, dark sheries, liqueurs, and brandy; whilst those least likely to derange the functions of that organ are claret, hock, moselle, dry sherry, and gin or whisky, largely diluted.

Excessive Eating.

Derangements of the liver from excessive eating, or from any other error in diet, usually first show themselves in middle life—from thirty-five to forty-five. Young people who take much exercise, and who are still growing, can eat more than they actually require with comparative impunity. But by the age of forty the body is fully developed, and most persons take less exercise than before, while at the same time they often indulge more freely in the pleasures of the table.

Insufficient muscular exercise in the open air may derange the functions of the liver. It is well known that sedentary habits, and living in badly-ventilated rooms, act on the body injuriously, and more especially on the liver. It is a common observation that people who eat and drink too freely do not suffer from their livers so long as they lead an active life in the open air; but as soon as from change of occupation or other causes they take to sedentary habits, without any corresponding change in diet, derangement of the liver ensues. Every sportsman who has suffered from biliousness knows the effect of a day's hunting or shooting in clearing his complexion and relieving his symptoms.

A high atmospheric temperature is especially favourable to the production of disorders of the liver. We all know how frequently they occur in India and other tropical climates, and in our own the liver more often becomes disordered in summer than in winter. The

draught which is suitable in a cold or temperate climate, produces in the tropics liver derangement.

Nervous Causes.

It is probable that many cases of liver disturbance are nervous in their origin. We know that sudden fear, and other forms of severe mental emotion, may arrest the secretion of the milk, and that, from the cessation of the secretion of saliva, the tongue cleaves to the roof of the mouth. Prolonged mental anxiety, worry, and incessant mental toil, interfere with the secretion of bile, and produce a chain of symptoms, all the more likely to ensue if the diet has been such as to favour liver disturbance—when, for example, to drown grief the sufferer has indulged in stimulants.

In considering the causes of derangement of the liver, it must not be forgotten that there are constitutional peculiarities—inherited or acquired—in virtue of which the liver is upset by things which, under ordinary circumstances, would be harmless. Some people are more prone to suffer from their livers than are others. An innate weakness of the liver is often inherited. If an individual with this predisposition take spirits, even in comparatively moderate quantities, he usually suffers very quickly and also severely.

Treatment.

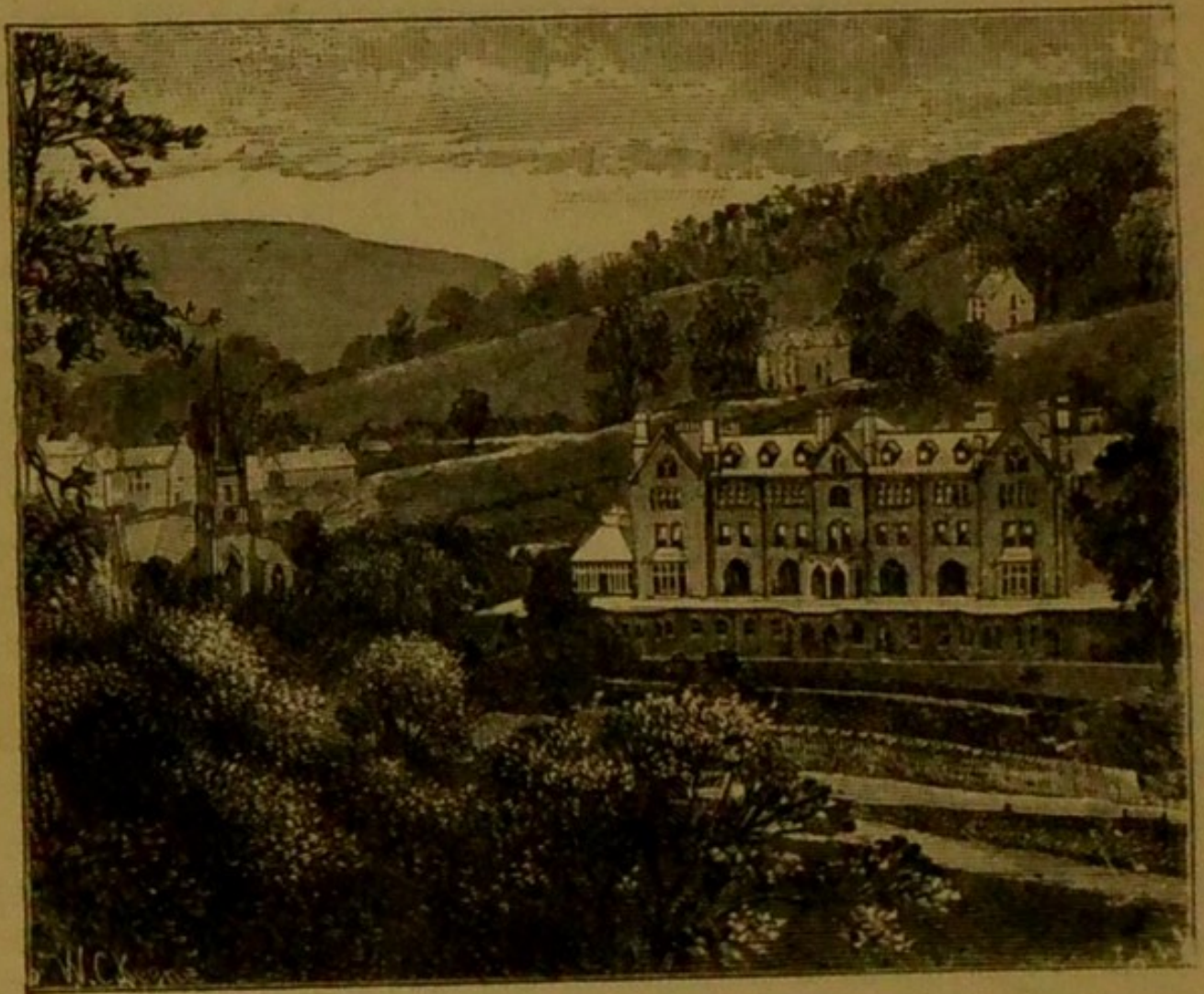
Two or more of the *Oriental Pills* once or twice a week; or one every night. *Solar Elixir* to be taken three times a day, in water, or the Infusion of Calumba Root or Chirayaita.

If Indigestion be attended with *flatulence* and excess of *acidity*, known by a sense of oppression or uneasiness in the stomach after meals, a lifting up of wind, heartburn, then mix half a teaspoonful of Carbonate of Soda with the forenoon dose of *Elixir* every day until these symptoms are subdued, when the soda must be discontinued.

CONCERNING HYGIENIC RULES FOR THE MAINTENANCE OF HEALTH.

Air.

Man is an air-breathing animal. He crawls about at the bottom of a deep ocean of air, just as we may suppose some large crustacean crawling at the bottom of the sea. Moved out of his natural element into the water, or even



MATLOCK BATH.

into the upper strata of the atmosphere, he dies. Air is essential for his existence, and if he be deprived of it, but for a minute, death may result.

Why is air so necessary for us? To support the combustion that is always going on in our bodies. Just as a

candle or a fire, if not furnished with a good supply of air, will "go out," so also is the vital spark extinguished by being deprived of its necessary oxygen. The human body may be compared to a furnace, for which fuel is furnished in the shape of food; and in the combustion of this food in the body there is a great demand for oxygen, which is afforded by the air. The products of combustion, carbonic acid and watery vapour, must also be got rid of, and these two offices are performed by the function of respiration.

An adult man breathes about fourteen times in a minute, and in each act of respiration he draws into his lungs about thirty cubic inches of air, and expels a similar amount. It is estimated that about four hundred cubic feet of air are passed through the lungs in the twenty-four hours. "If a man," says Huxley, "be shut up in a close room, having the form of a cube, seven feet in the side, every particle of air in that room will have passed through his lungs in the twenty-four hours."

Burnt Air.

It must not be forgotten that in a room man is usually not the only thing which makes demands upon the fresh air. Fires, and lights, and very often domestic animals have to be considered. It is estimated that an ordinary gas-burner burns 3 cubic feet of gas per hour, and for the combustion of this gas, 5,400 feet of air are necessary, so that for every gas-burner the number 5,400 has to be added to the hourly admission of fresh air.

As regards the cubic allowance for each man, it must be borne in mind that 800 cubic feet is to be regarded as a minimum. In hospitals twice this amount is allowed. In building workshops it is always good economy to provide ample space and thorough ventilation, for it is found that the amount of work is, *cæteris paribus*, directly in proportion to the amount of fresh air allowed.

Besides *respiration* and *combustion*, air is fouled in other ways, and among these we may mention the various gases given off during *decomposition*, such as ammonia and sulphuretted hydrogen. These are the gases which, under the form of "sewer gases," escape into our houses, and which are given off from dung-heaps, cesspools, and other similar sources. It is probable that they give rise to headache and diarrhoea, if not to more serious forms of ill-health. In certain districts—particularly marshy districts and in hot countries—a something called malaria is given off into the air which causes ague and intermittent fever in those who breathe it. This malaria is supposed to be a gas, but its exact nature is not known.

Dust.

A most important impurity in the air is *dust*. Dust is a very complex body, and is composed of things animate and inanimate—animal, vegetable, and mineral. Everything that is capable of being wafted by the wind becomes dust. Fine particles of sand, granite, flint, and chalk, ground up with horse-dung, constitute the dust of our streets. The dust in hospital wards has been found, when examined by the microscope, to contain, among other things, fine scales from the surface of the skin, and some samples are so rich in organic matter that when burnt they emit a smell like burnt horn.

Particles of "dust" are probably carried immense distances by the wind, and ships at sea have had their decks covered with the dust of lava emitted by a volcano two hundred miles off.

Very many microscopic animals and plants have been detected in the dust of the air, and it is supposed that the germs of disease may sometimes be carried in the same way. It is certain that the pollen of plants (the fine dust which covers the anthers of flowers) may be carried great distances, as was proved by Dr. Blackley of Manchester,

who made some interesting experiments at Filey, on the east coast. He flew a kite with the wind blowing from the sea. On to the tail of his kite he fixed slips of glass, moistened with glycerine, so that these slips, to which any floating particles would adhere, were exposed, at a considerable height, to an east wind. On examining these slips of glass they were found to be studded with grains of pollen, which must have been wafted at least as far as from the opposite coast of Holland, since that was the nearest point where pollen could have been generated. These floating particles of pollen have been supposed to cause the troublesome disease known as hay fever.

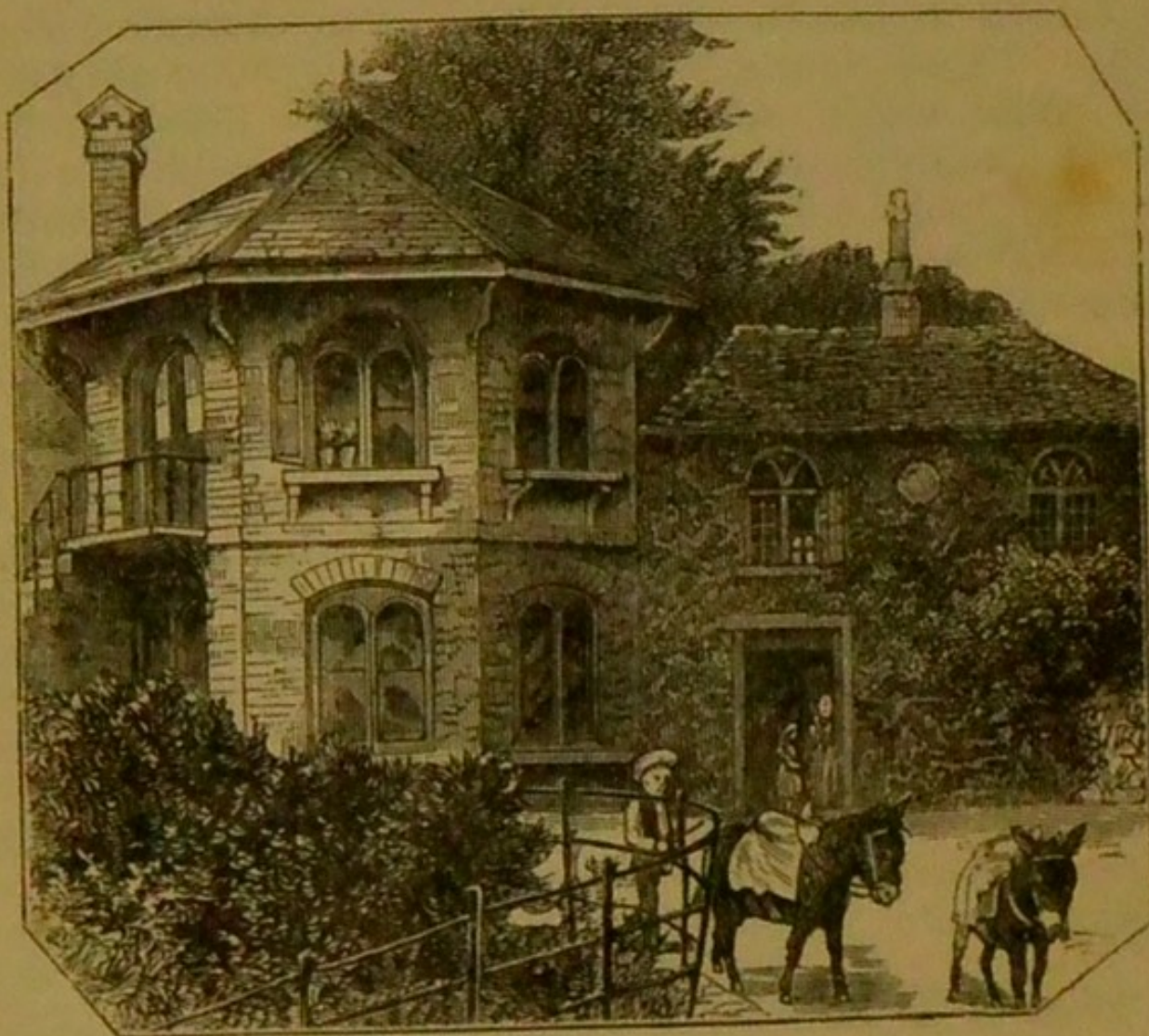
Sheffield Grinders.

The dust of certain industries is very fatal to those who follow them. Thus the knife-grinders of Sheffield have been found to suffer from a peculiar form of consumption, brought on by inhaling the fine particles of steel floating in the air. Potters also suffer from inhaling the dust which is inseparable from their trade, and very many similar examples might be quoted—as bakers, millers, cement-makers, miners, &c. The very purest air is found to contain solid particles, which may be strained off by drawing the air through layers of cotton-wool.

Exercise.

Sound health without a due exercise of all the bodily functions is impossible. All our organs were made to be used. Some of them are beyond our control, and continue to do their appointed work in spite of ourselves. The heart and lungs cease to work only with the cessation of life, and those who imitate, as it were, these involuntary organs, and continue to the last to transact the business of life, be it mental or be it physical, provided they do not fall into the error of over-taxing their bodies, generally enjoy, not only the longest, but the healthiest of lives also.

Although in general parlance we limit the term "exercise" to the exercise of the muscles, it must, nevertheless, be borne in mind that this restricted use of the word is not accurately scientific. Every part of the body needs its



ST. ANNE'S WELL, MALVERN.

due amount of exercise and repose, and if either the one or the other be denied it, impairment of constitution must result. If mind, muscle, or stomach has work put upon it beyond its powers, a failure of those powers, more or less permanent, will result, and a similar impairment will infallibly result if we are not careful to allow each its proper exercise and function.

Physical exercise—the exercise, that is, of the muscles—stands apart from other forms of exercise in this, that it entails the exercise of other organs and functions as well, and it may almost be said that physical exercise entails the exercise of all the internal organs, exclusive perhaps of the brain; and although there is certainly no antagonism between a proper mental and physical development, still the two bear no necessary relation to each other, and athletes have not often been remarkable for their intellectual acquirements.

Getting up Steam.

The effects of muscular exercise are, for the most part, perfectly obvious to the most superficial observer. The beats of the pulse increase in number and in force, which means that the heart is working harder than when at rest; the breathing sets quicker and deeper, which shows that chemical change has increased in amount, causing an increased demand for fresh air and its contained oxygen; the surface of the skin gets red, manifesting an increased fullness of the fine blood-vessels contained in it; and the proper functions of the skin, as evidenced by copious perspiration, are very largely increased. Another great evidence of the increased chemical change going on in the body is the increase of warmth, and the agreeable sensation of heat, even in the extremities. The actual temperature of the body, as measured by a thermometer, is not increased during exercise—a fact which is owing to the cooling influence of the constant evaporation of perspiration which is taking place at the surface. If it were not for this wonderful provision of nature, by which a cooling influence is provided to counteract the necessary production of heat involved in exercise, exercise would become impossible. The evaporation from the skin causes a demand for water in the body, and hence thirst is one of the most immediate results of exercise. In a healthy person hunger is almost as

marked as thirst, but it is to be remarked that hunger is not observable if the body has been over-taxed, and even in healthy persons it is very often not acutely felt until after the body has been allowed an interval of repose. The final result of exercise is fatigue. Fatigue in the muscles is evidenced by loss of power, some pain and "stiffness," and the general fatigue of the body by an irresistible inclination to sleep.

Cleanliness and Clothing.

Cleanliness is one of the chief means of securing and retaining health, and where cleanliness does not exist, perfect health is almost impossible. Unless the skin be kept clean, its functions are not properly performed; and the functions of the skin are as important as the functions of any other organ of the body. The most perfect way, probably, of cleansing the skin is to cause perspiration by exercise, and thus, as it were, flush out the innumerable pores with which it is studded, and then wash off the perspiration by immersion in water, accompanied by the movement of swimming. There can be no proper cleansing of the skin without an occasional tolerably copious perspiration, and this is one of the most cogent arguments in favour of brisk exercise.

-There are many skin diseases which are directly attributable to want of cleanliness, and there is no disease of the skin which is not aggravated by it.

It is particularly necessary to cleanse carefully the skins of young children. The perspiration is very apt to accumulate and decompose in the folds of the skin of a fat baby, and irritating the skin, cause the disease known as *intertrigo* or *chafing*.

The invention of *soap* was a great boon (no one can say how great) to the human race. By its aid we are enabled to obtain comparative cleanliness without an extravagant use of water. Soap acts chiefly by its solvent action on

the superficial scales of the skin, which it dissolves, removing at the same time the adherent dirt.

Painters and Plumbers.

There can be no doubt that among people who are scrupulously clean there is far less risk of the conveyance of contagious diseases.

It has been shown that house painters and plumbers very much diminish their risk of contracting lead colic if they are careful to wash their hands before eating their meals, a precaution which they too often neglect, and thus the salts of lead in the paint are taken into the system.

Cricketers.

The health of every individual part of the whole body being necessary for the perfect health of the whole body, and exercise being undoubtedly necessary for the healthy well-being of our muscles, it follows that we should be careful to exercise *all* the muscles of the body. Many a man whose occupation is sedentary keeps himself well by walking to and from his office or place of business, and it is obvious that this amount of exercise does keep a man fairly healthy. It is equally obvious, however, that our sedentary classes are noted for narrow chests and shoulders, and it is only reasonable to suppose that if they were as careful to exercise their upper limbs as they generally are to exercise their lower, this defect of figure would soon disappear. The great merit of our "national game" of cricket lies in the fact that it leaves no part of the body unexercised. Arms and legs are equally used, and, in batting and fielding alike, every muscle of the trunk is frequently brought into play. Quickness of vision and of thought, judgment, boldness, strength, and delicacy of muscular effort, each receive their share of training, and the best cricketer is presumably the man who has these qualities meeting in due proportions in his person.

CONCERNING ASTHMA.

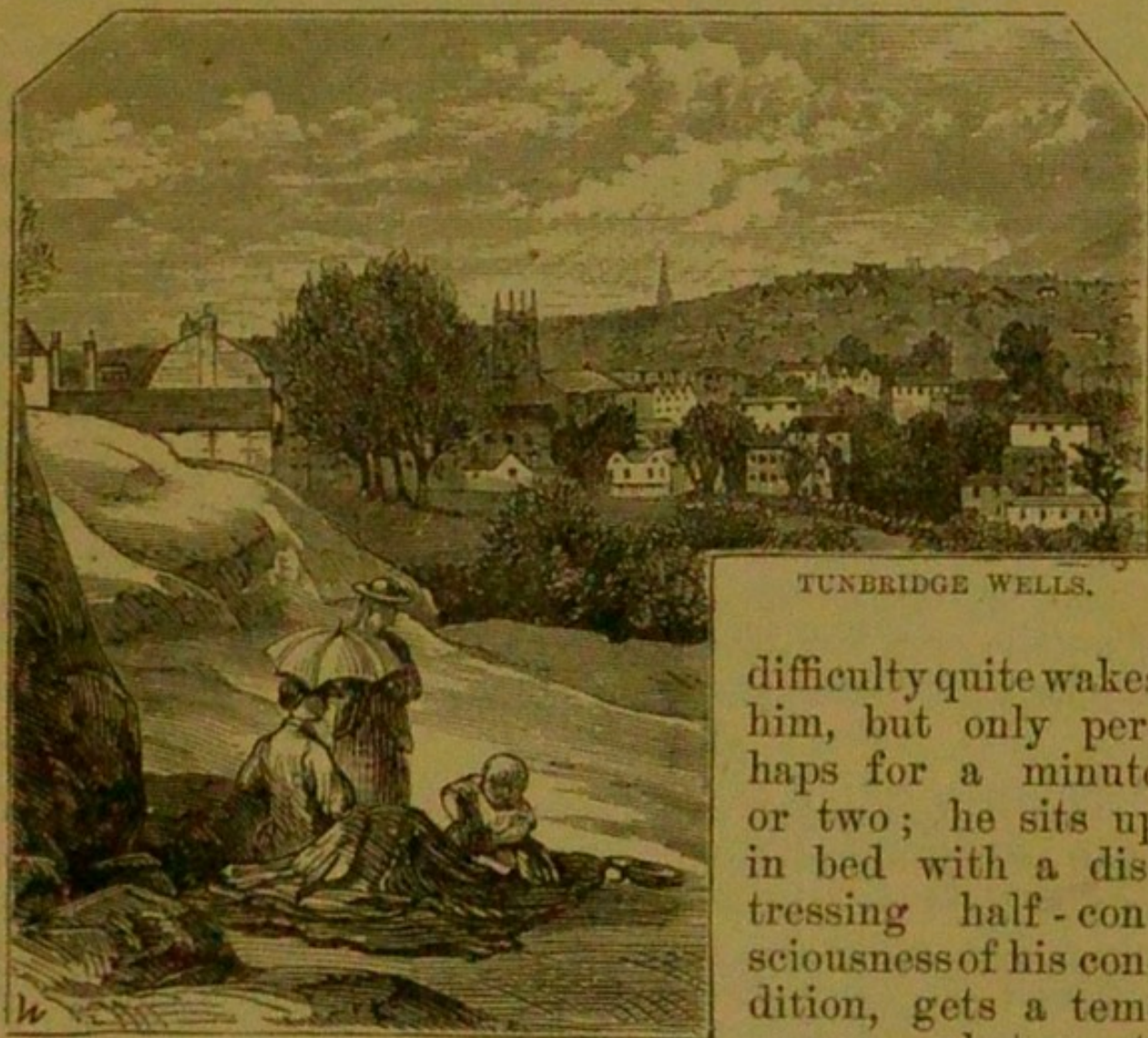
This very common but most distressing disease is characterised chiefly by paroxysms of difficult breathing, with wheezing and a contraction of the chest. Of late years it has been regarded as a nervous complaint; Dr. Rooke demonstrated this fully in his "Anti-Lancet," first published in 1846; and there is no doubt that the exciting cause of an attack is often something affecting the nervous system. Thus it frequently happens that fatigue, exhaustion, fear, anger, grief, and annoyance will bring it on. Deranged digestion, also, is a very usual origin of the mischief, and this is explained by the fact that a very intimate nervous connection exists between the digestive and the respiratory organs. Sometimes change of air, or the inhalation of some poisonous vapour, such as sulphur, sulphurous acid gas, or chlorine, produces asthma. The disease is also associated with a gouty or rheumatic tendency. It is hereditary, and when this is the case it comes earlier in life than when acquired. Infants only a few days old have been known to exhibit unmistakable signs of it.

An Attack

The following description of the phenomena which characterise an attack of asthma is quoted from a celebrated medical writer, who is regarded as an authority on this terrible disease—Dr. Hyde Salter.

The patient goes to bed in his usual health, with or without premonitory symptoms; he goes to sleep, and sleeps for two or three hours; he then becomes distressed in his breathing, and dreams perhaps that he is under some circumstance that makes his respiration difficult. While yet asleep, the characteristic wheezing commences, often to such an extent as to sound as if a whole orchestra of fiddles were tuning in the chest, and to make so much dis-

turbance as to arouse those in the same or an adjoining room. The patient half wakes up, and changes his position, by which he gets a little ease, and then falls asleep again, but only to have his distress and dreams renewed, and again partially to wake and turn. Shortly, the increasing



TUNBRIDGE WELLS.

difficulty quite wakes him, but only perhaps for a minute or two; he sits up in bed with a distressing half-consciousness of his condition, gets a temporary abatement, sleep overpowers him, and he falls back, to be again awoke, and to again sit up; and so the miserable fight between asthma and sleep may go on for an hour or more, the dyspnœa arousing the sufferer as soon as sleep is fairly established, and sleep again overpowering him as soon as the wakefulness and change of position have a little abated the extremity of his sufferings. By-and-by the struggle

ceases, and sleep is no longer possible; the increasing shortness of breath will not allow the patient to forget himself for a moment; he becomes wide awake, sits up in bed, and with fixed head and elevated shoulders labours for his breath like a dying man.

Not Fatal.

Distressing as are the phenomena characteristic of asthma, it cannot be said to be an immediately fatal disease. Experienced physicians have said that they never knew of any one really dying during an attack of asthma, unless there were heart disease, or other complications. More than this may be said. If these additional complications are absent, asthmatic patients are frequently long-lived. As for the possibility of conquering the disease, very much depends upon the age of the sufferer. Young asthmatics, whose lungs are sound, have a very fair chance of recovery, although it is possible that the asthma may return to them late in life. Middle-aged and elderly asthmatics are less favourably situated. Still, a good deal may be hoped from judicious treatment and management.

Coffee is Bad.

Coffee, too, taken as a beverage with meals, is likely to bring on asthma, although a small quantity of strong coffee (in fact, perfectly black coffee) taken very hot, and without sugar and milk, on an empty stomach, will frequently relieve the paroxysm. But coffee taken at meal times and on a full stomach interferes with digestion. As a beverage tea is to be preferred to coffee, cocoa to tea, and milk and water to both. Of all liquors, however, those which are bottled, and therefore contain a good deal of carbonic acid gas, are specially to be avoided.

Measures of Relief.

It is a little difficult to give advice as to the measures to be adopted for the relief of asthma, because the disease

is so erratic in its course. Practitioners have learnt to accept the fact that all treatment must to a certain extent be experimental, for it has been proved again and again not only that the remedy which is successful in one case fails in another, but also that the same remedy may not succeed twice with the same individual. It is only possible, therefore, to describe in detail the various remedies which are *likely* to be of value, and the patient must adopt first one and then another, until he finds what meets his case. Also it must be remembered that a great deal depends upon the remedy being employed *early*. An asthmatic subject generally knows by indescribable signs when an attack is threatened, and his chief hope lies in his having immediate recourse to the removal of its cause, and the adoption of methods for its cure. If ever delay is likely to be dangerous, it is where an attack of asthma is approaching.

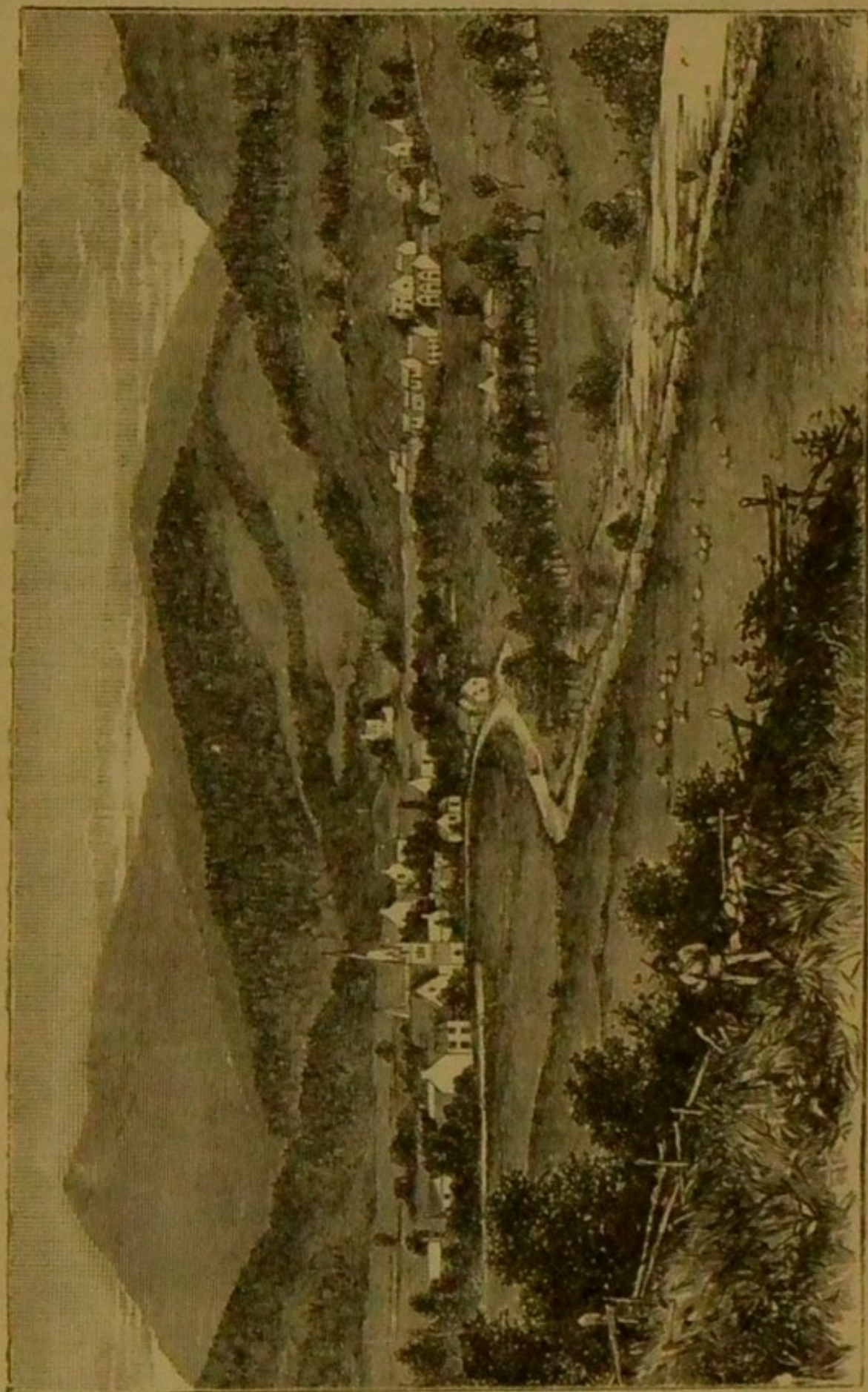
So, therefore, following the plan already laid down, we will detail the methods which are likely to afford relief in cases of asthma, and we will mention the simplest remedies first.

Putting the feet and hands into hot water, as hot as can be borne, will often put an end to the trouble.

The inhalation of turpentine or common salt, either from hot water or by a spray producer, is very frequently efficacious.

Reference has already been made to the benefits to be derived from drinking a little hot strong coffee.

A very curious feature in connection with asthma is that the paroxysms are for the most part periodical; they occur at regular and definite intervals. The most usual time for an attack is the early morning between three and six o'clock. Its duration varies with the constitution of the patient. Sometimes it lasts only an hour or two, at other times it will keep on for a couple of days, or in very severe cases for a week. Whatever the peculiarities



CASTLETON OF BRAEMAR.

associated with it may be, it is an exceedingly trying disease, and is productive of the direst suffering, the horrors of an attack of asthma far exceeding acute bodily pain.

A very valuable auxiliary in the prevention or cure of asthma is to be found in judicious out-of-door exercise, walking or riding. If the size and capacity of the chest also can be improved by a systematic course of drilling, the tendency to lung difficulty will be considerably diminished. It is important, however, to bear in mind that exercise should be taken in moderation, for if fatigue is induced, it is likely that harm instead of good will be done.

Treatment.

In ordinary cases a dose of Crosby's Cough Elixir may be taken every night, just before going to bed, together with a dose of the Oriental Pills; but in very severe cases a dose ought to be taken every morning and night. When the paroxysm of pain and choking comes on during the night, a dose of the Cough Elixir should be taken immediately, in water, and speedy relief will be obtained. During the attack, the head and shoulders should be propped up with pillows, and, if in summer, open the bedroom windows. A dose of the Solar Elixir should be taken twice a day in the infusion of Calumba Root.

It is very essential, in order to speedily cure this disease, that the diet should be properly regulated, and that rich food or pastry should be avoided; likewise keep the bowels regular, by means of a gentle aperient medicine taken occasionally. It cannot, however, be cured in any case by remedies given to palliate the urgent symptoms only; and hence when sedatives and anti-spasmodics are given alone, uncombined with tonics, they have rarely been attended with any decided advantage.

CONCERNING NERVOUS DEBILITY.

This condition has often been indicated as the general source of all diseases.

The more it is present the more readily the body receives the germs of infection, or yields to other hurtful influences from without, such as exposure to damp, to sudden changes of temperature, &c. It is therefore of the utmost importance to maintain the nervous or vital force in full vigour. This is done by duly exercising every function of the body, avoiding, alike, *deficiency* or *excess*; by attending to personal cleanliness; by selecting nutritious and digestible food; by strict temperance in the use of alcoholic liquors (indeed, the majority of mankind, under ordinary circumstances, might advantageously dispense with these stimulants altogether); by avoiding impure air, and spending as much time out of doors as your position will allow.

Causes of Nervous Prostration.

Mental Causes.—The mind effects its operations on the body through the medium of the nervous system, of which the brain is the centre; but of the nature of the connection of mind with body, of spirit with matter, we are entirely ignorant. Nervous power is the principle of life; infringement of that power is the cause of disease; and its total suspension is the cause of death. Mental causes, by diminishing nervous power, produce disease by debilitating the stomach and capillary vessels. Digestion is performed by nervous agency, and hence its disturbance by mental causes; hence, also, we see how a healthy condition of the stomach so depends on tranquillity of the mind.

All *mental* causes are first impressed on the mind, and from it communicated to the nervous centre, the *brain*, which becomes solely occupied by it; and hence the

nervous influence, which is necessary to support the bodily functions, being diminished by the mental occupancy, the muscular action of the stomach is enfeebled, and the food imperfectly digested, and the processes of sanguification and nutrition are consequently impaired; the patient grows thin; the brain is insufficiently supplied with blood; and hence arise distress and pain in the head, followed closely by restlessness, unpleasant dreams, inaptitude for business; and one distressing symptom is added to another, until the system is at length worn out. The influence of the mind on the body, indeed, is shown by many well-known occurrences in this world of vicissitudes. We see the features shrink under *alarm*; the tears are secreted in *sorrow*; the heart palpitates under any *sudden emotion*; the breathing is short and quick under *expectation*. We see plump portliness reduced to extreme thinness under *deep disappointment, grief, remorse*, or any other long-continued passions.

Anger and ill-temper cause depression of nervous power. Cheerful, gay, and joyous-tempered people have, generally, a keen appetite and strong digestive powers, and are not only the most healthy, but sleep the most soundly. *Shakespeare*, no doubt, had this important fact in view, when he made Cæsar exclaim:

“Let me have men about me that are *fat*,
Sleek-headed men, and such as sleep o’ nights:
 Yond’ Cassius has a *lean and hungry* look;
 He thinks too much; such men are dangerous.

Both in a physical and moral respect, an ill temper is a real curse to the possessors, and is little less so to the unfortunate creatures who are obliged to live with them; it is real martyrdom to hear one eternal round of complaint and murmuring, to have every pleasant thought and word scared away as by an evil spirit.

Hard Study is another direct cause of indigestion and

debility. Energetic action cannot be kept up in the brain and stomach at the same time. If the mind be intently occupied with profound thought, the nervous power will be concentrated in the brain, and the stomach being deprived of it, indigestion and disease ensue; hence the weak digestion and sallow complexion of literary men, and their constant complaints of ill-health.

Of mental toil Lord Clive, Pitt, and Canning died; of mental toil Theodore Hook, Drs. Maginn, Mason Good, and Snow died; of mental toil poor Hood died; and what was it but mental toil which produced the fever of Byron, the apoplexy of Sir Walter Scott, the melancholy suicide of Castlereagh, and the death of Hugh Miller? Of mental toil many others will continue to die, so long as men persist in exhausting the nervous energy by overworking the brain.

Treatment.

Should any languor or loss of tone be felt in any part of the system, Dr. Rooke's *Solar Elixir* should at once be taken, once or twice daily. Those in whom nervous debility is once established, whether from neglect, from hereditary causes, or from any error on their own part, should take the *Elixir* thrice daily in the decoction of Peruvian bark, keeping the bowels regular by occasional use of the *Oriental Pills*.

Cold bathing, followed by brisk friction to the skin, will be found of great benefit. All stimulating drinks and all highly-seasoned articles of food must be avoided.

Anxiety and over-work now rank among the chief causes of nervous debility, and unfortunately the patient, however strong his will, cannot lay these evils aside as he might drunkenness or any other form of dissipation. Yet it may be doubted if the former is not even more to be dreaded than the latter.

CONCERNING COLONIAL AND FOREIGN HEALTH-RESORTS.

A sea voyage is frequently recommended to patients in the early stage of consumption. Where the adoption of this remedy is practicable it often proves of great service. Again and again it has been found that where persons are not subject to sea-sickness, where they are able to take the voyage under favourable conditions, to have those material comforts which money only can procure, and to spend a good deal of the time on the deck of the vessel, a voyage to Australia round by the Cape of Good Hope, and commenced in the early autumn, to escape the fogs, damp, and cold of November, has been most valuable and almost miraculous in its effects. Patients who have left their native land very ill have been almost well on their arrival at Sydney or Melbourne.

It must not, however, be supposed that the climates of Melbourne and Sydney are specially suited to consumptive patients. In the early days of the colony it was supposed that consumption occurred very rarely in Australia. It has, however, been proved that it prevails extensively there, and that amongst those liable to it the deaths from consumption are as frequent, and the disease runs its course as rapidly there as in England. The climate of Melbourne is very uncertain, too. It is usually very pleasant in spring and autumn, but the season of extreme heat is very trying. When hot weather is threatened, consumptive patients often find it necessary to leave Melbourne, and to visit the suburbs, as Toorah, Richmond, and St. Kilda, or even to repair to Tasmania for a time. Indeed, Tasmania appears to be a very favourite and desirable health resort for consumptive patients.

Australia.

Sydney, the capital of New South Wales, is very delightfully situated. It is built on the side of a hill which

slopes downwards towards the water, and it is thickly wooded; yet it is visited by hot winds during the summer,



FUNCHAL, MADEIRA.

which are very trying to invalids. It may be valuable to quote here the opinion given both of this city and of Melbourne by Mr. Otter, the talented author of "Winters Abroad." This writer says: "I have grave doubts whether

either place, Sydney or Melbourne, is particularly suitable for invalids who have any serious affection of the lungs; but in cases where persons having a consumptive tendency are obliged to reside out of England, and yet to live in a town in order to follow some occupation, I should certainly recommend Sydney as a place where they would be likely to spend their days as happily and profitably as any one can expect to do who is banished from his native land. It might be well to spend the hottest summer months in one of the high-lying towns in the neighbourhood, or, better still, in Tasmania, or New Zealand; but during the rest of the year I believe that Sydney could not easily be surpassed for a beautiful and healthy climate. The mean temperature of the summer in Sydney is 74° Fahr., and of the winter 55° Fahr., making the mean annual temperature about 65° Fahr. The hot north winds during the summer are trying; and no great invalid should venture out-of-doors during their prevalence. They are succeeded by a wind from the south, which causes a very sudden lowering of the temperature, and which has to be provided against quite as carefully as the hot wind from the north."

Adelaide, the capital of South Australia, is reported to be less suitable for consumptive patients than either Melbourne or Sydney. Dr. Rooke's medicines can be obtained in all the principal towns of South Australia, New South Wales, Victoria, and New Zealand.

When a long voyage is not practicable, there are other foreign health-resorts not quite so far removed from our shores, a visit to which may prove beneficial.

South Africa.

South Africa possesses a variety of valuable climates as yet imperfectly known. We shall at present confine ourselves to a few localities on the coast, although the

interior mountainous districts are also worthy of consideration. The most important place is *Capetown*, on the shore of Table Bay, at the foot of Table Mount, which has a height of over 3,500 feet. The climate of Capetown is dry, moderately warm, and stimulating. The mean winter temperature is, according to Mann's "Colony of Natal," about 57° ; that of spring and autumn about 64° ; that of summer 71° . The amount of rain about 22 inches; the relative moisture between 70° and 80° . The hygienic conditions are fair; the drawbacks are wind and dust, especially in the streets of Capetown. The marine suburb, *Sea Point*, is preferable for invalids, and still more so *Rondebosch* and *Wynberg*, some miles away from Capetown. *Wynberg* is beautifully situated in the midst of pine woods, and the climate is very agreeable in February, March, and April.

Madeira.

Some years ago *Madeira* was regarded as the best possible resort for consumptive patients, but it has recently declined in the estimation of those who have been on the look-out for a desirable health-resort. The truth is that *Madeira* is a very warm place, and that there is considerable humidity in the atmosphere. The consequence is, it is what is called relaxing in its effects. It is beneficial for people of deficient circulation, who want warmth and exhilaration, but it is likely to prove harmful to those who are subject to diarrhœa, or who perspire freely. It is a very delightful spot. Its chief town, *Funchal*, an engraving of which is here given, is most charmingly situated, and its climate very equable, though it is now and then visited by violent winds. There is abundance of moisture in the atmosphere. The *Azores* and the *West Indies* are distinguished by the same characteristics as *Madeira*.

The Western Riviera.

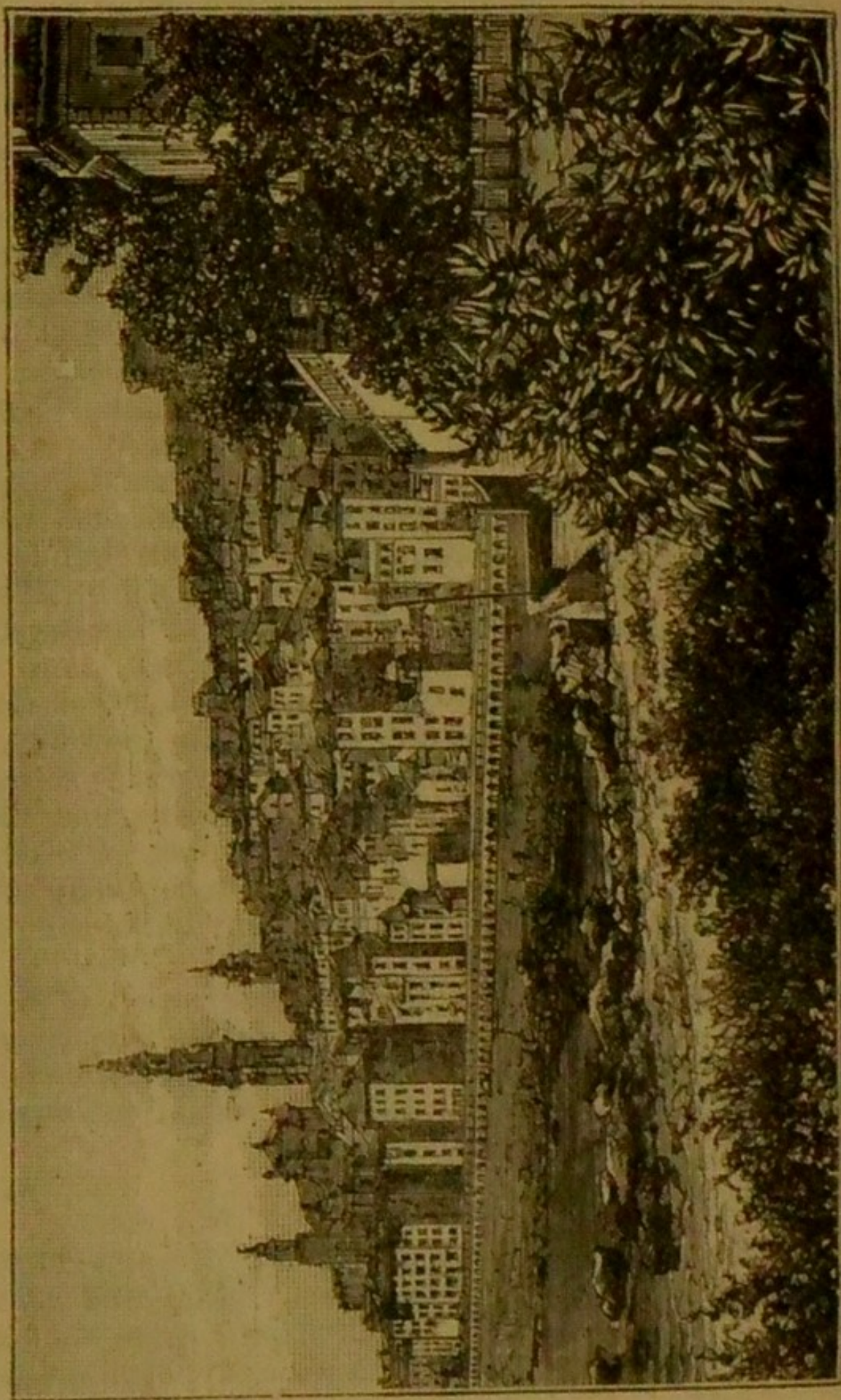
Consumptive patients who require warmth, light, a moderately dry atmosphere, comfort, agreeable social intercourse, and rest for body and mind, are frequently recommended to go to one or other of the towns situated on the narrow strip of coast which lies at the south-east of France and the north-west of Italy, and which is denominated the Western Riviera. The towns best known in the district in this connection are Mentone, Nice, St. Remo, Cannes.

Mentone is exceedingly popular as a health resort for consumptive patients, especially for those who need and can bear high temperature combined with but little moisture. Owing to its peculiar geographical position, and the conformation of the country behind and around, it is sheltered from wind, and one part of the bay, known to residents as the Eastern Bay, is even more sheltered than the district lying on the other side of the rocky promontory, which divides the two. Occasionally it is noticed that patients find the Eastern Bay too relaxing, and they are compelled to remove to the Western Bay. There is abundance of accommodation for visitors to this delightful spot. The hotels and villas are charmingly built, and the country round is very lovely.

Nice is so well known that all description of it is superfluous. It is beautifully situated, and is very bright and sunny. Many invalids object to it, however, because it is visited by winds laden with dust, which, so long as they last, are very disagreeable.

San Remo.

San Remo consists of the quaint old pyramid-shaped, truly Italian town, and the numerous villas and hotels along the road and amongst the olive gardens to the east and to the west of it. It lies in a wide bay, open towards



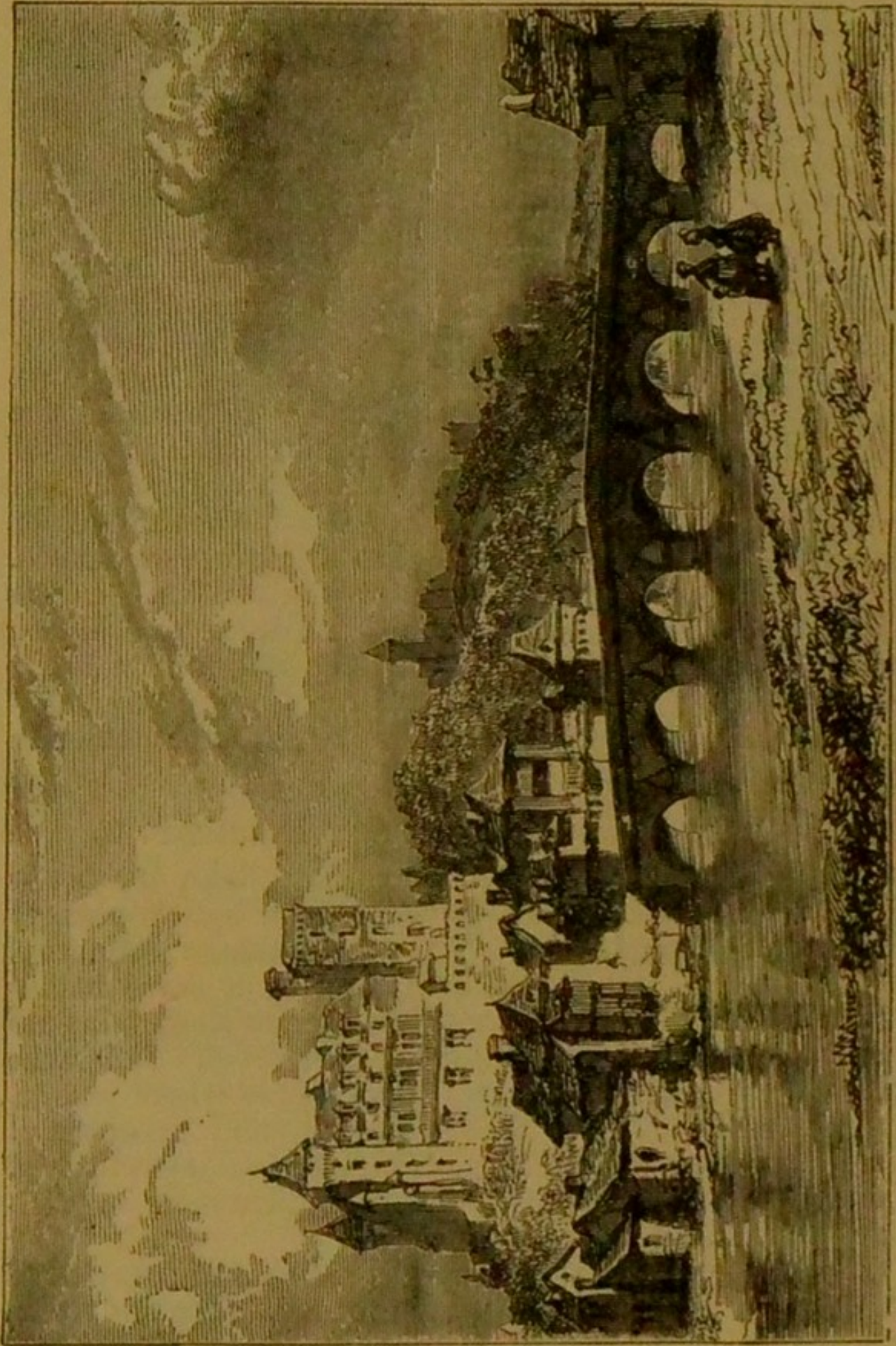
MENTONE.

the south, at the foot of an amphitheatre of hill and mountains protecting it by a triple chain, tier upon tier, rising from the height of about 500 to that of nearly 4,000 feet. The nearer hills are wooded, and in shape less bold and picturesque than those near Mentone and Nice, giving to the whole region a tamer appearance. The soil is principally clay, and this may cause a somewhat greater humidity of the air, and, through this, greater equability of temperature. The amount of rain and the number of rainy days do not exceed those of the other Riviera resorts, and the temperature does not materially differ from that of Mentone. The east and south-east winds are mostly felt during the spring months, and the mistral is not altogether absent, though much less severe than at Hyères or Cannes. Altogether, the climate is one of the mildest on the Rivièras, less stimulating than either Cannes or Nice or Bordighera; so that many people sleep well at San Remo who complain of want of sleep at the three places mentioned, and some nervous persons bear this climate who cannot stay at Nice or Mentone.

Cannes, Bordighera, and Palermo.

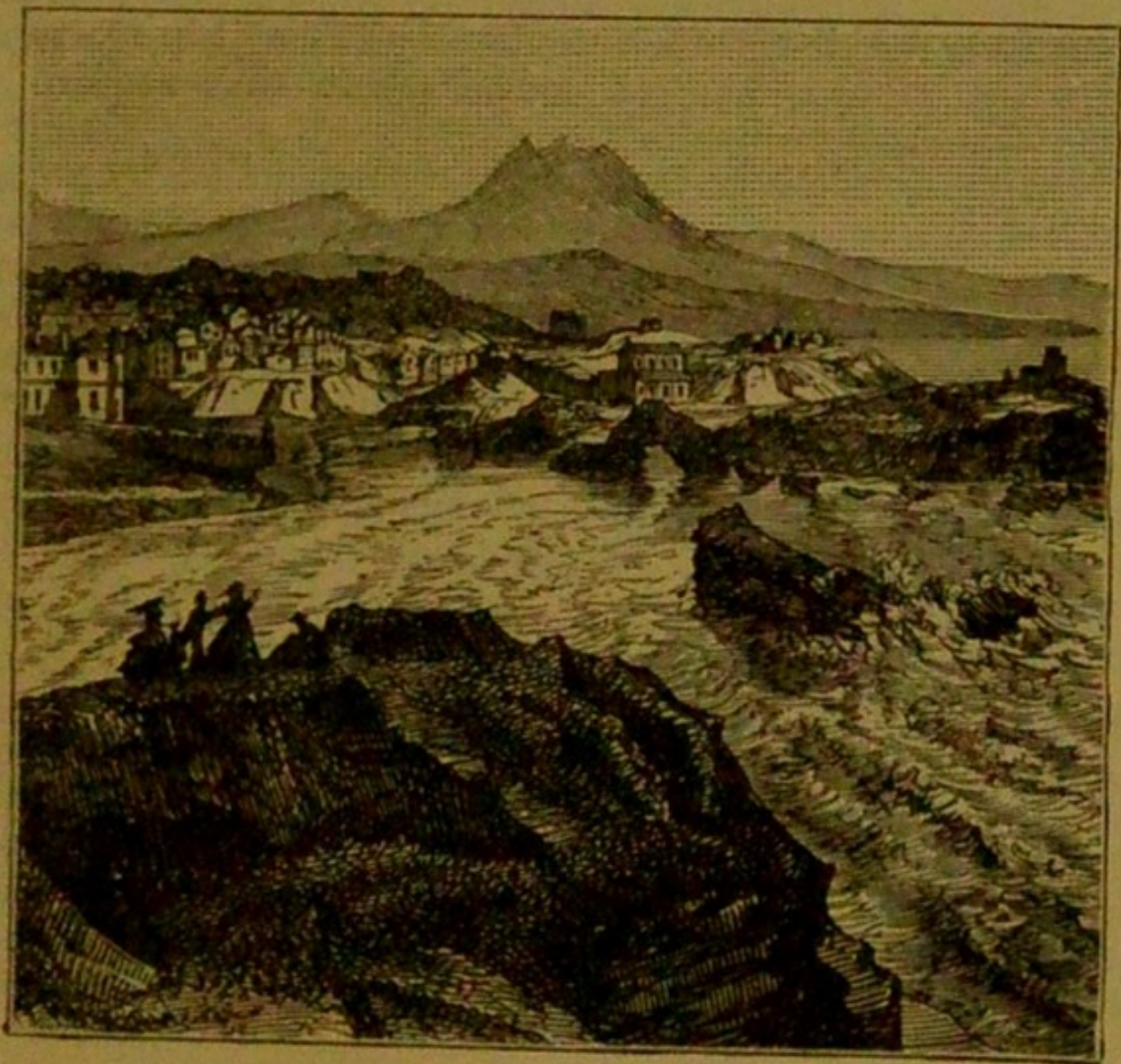
Cannes is more airy and less relaxing than the towns already mentioned. It is a charming spot, and the scenery around it is magnificent. The disadvantage connected with it is that during the early spring a fierce north-westerly wind frequently prevails, while the mountains are too low to afford sufficient shelter therefrom. It is true that there are sheltered places to be found where protection from this wind can be enjoyed, and experienced physicians have declared that by judicious selection of these spots certain forms of consumption can be ultimately cured.

Bordighera, the first health-resort on the Italian part of the Riviera, is famed for its palm groves. The old town is a picturesque object on a promontory; the new town,



CHATEAU OF PAU.

which is the health-resort, lies to the west of it in a small plain, to the back of which are thicker olive groves than almost anywhere else on the Riviéras, partly on level,



BIARRITZ.

partly on rising, ground. These groves contain promising sites for future villas, while the majority of the present houses and hotels are rather too near the dusty road. Bordighera is, on the whole, rather windy; though the winds on arrival (even the mistral, which is here felt as a west wind) have been more or less in contact with the warm sea, and have thus lost part of their biting character. An exception is formed by the winds which reach the

neighbourhood by the valley of the Nervia. These cold winds, though they do not flow direct on Bordighera, nevertheless exercise a marked influence on the air while they blow. Bordighera is, therefore, at present not suited to invalids requiring much shelter, but then it has advantages for those classes of convalescents that require a more stimulating climate.

Palermo, in Sicily, is strongly recommended by many medical men as affording a suitable climate for consumptive patients. It is beautifully situated, and the accommodation provided for visitors is abundant and comfortable. The weather is dry and hot, and the winds, which come over the great African desert, are occasionally trying. Delicate people who are not actually diseased may gain benefit there, but those who need care and judicious treatment would be wise to look elsewhere for a place wherein to sojourn

Algiers.

Of late years, *Algiers* (the capital of the province of that name) has risen very much in the estimation of the profession and of consumptive patients as a health-resort in cases of incipient phthisis and protracted recovery after inflammation of the lungs and pleurisy. There is no doubt that the popularity of the old Moorish town is well deserved. Algiers is a city built on the shores of the Mediterranean, on the side of a hill next the harbour; and the houses appear one above another, of a resplendent whiteness, making a fine appearance from the sea. The hilly country around is adorned with gardens and villas, orange and olive groves, and numerous vineyards. The air is rather humid in character, as is sufficiently proved by the richness of the verdure and the wind, which is for the most part very strong.

Hyères.

Hyères is not actually at the sea-shore, but about three miles away from it, and about sixty feet above sea-level, on

a slope at the foot of a steep hill. It has a southern and south-eastern aspect, is well protected from N. and N.E., but almost entirely open to N.W., the region of the mistral, while the force of the south wind is diminished by the Isles des Hyères, a few miles distant from and parallel to the sea-shore. The climate of Hyères is very good between November and the beginning of February, with many calm and sunny days; it ought to be avoided after this period by those who are unable to bear the mistral, or at all events the greatest care ought to be exercised. With judgment much may be achieved. Dr. Griffith, the able physician of Hyères, is himself an instance,—and circumstances are now better than at the time of his arrival; the tramway to the seashore, for instance, takes invalids amongst the pines, where they can walk and inhale the aromatic air without much fatigue and exposure. In April and May Hyères offers again more advantages. Many cases, complicated with nervous irritability, do much better here, because it is less under the direct influence of the sea than Nice and Mentone. More sheltered from the mistral, and in the midst of beautiful pine plantations, is the valley of *Costabelle*, about two miles from Hyères. There are beautiful walks sheltered by the trees, even while a mistral is blowing; and there is now, Dr. Griffith informs us, a good hotel at the disposal of

Northern Coast of France.

Somewhat allied to the climate of the south-west coast of England is that of the *north-west coast of France*, and especially the department of Finisterre. This similarity is caused by the influence of the Atlantic and its warm currents. The *north coast* of France is drier, less equable with regard to temperature, and may be called stimulating. It is rich in health-resorts, with good bathing, good accommodation, and agreeable social relations. The season is

from July to September, and few visitors are to be seen before or after the season. The principal places from west to east are:—*Dinard*, in a healthy and beautiful situation, opposite St. Malo, with which it is connected by a steam ferry, and about ten miles from *Dinan*, one of the most attractive and interesting old towns in Brittany; both localities being favourite places for longer residence with English as well as American families. *Cabourg*, at the mouth of the Dives, and *Beuzeval*, are both unpretending, and, close by, *Houlgate* and *Villers-sur-Mer*, which latter is much liked by those who prefer a more quiet and somewhat less expensive place than either *Trouville* or *Deauville*, the most fashionable seaside resorts on this coast; both are in close proximity to one another, and are provided with excellent hotels and private lodgings, fine walks, and every kind of amusement. The sands and bathing are very good. *Etretat*, formerly only a small fishing village, has very picturesque cliffs of fantastic forms, and fine walks; and is the favourite residence of some French artists. *Fécamp*, a few miles farther on, on the shore, is a larger town, to the west of which an *Etablissement de Bains de Mer*, an hotel, and villas, are constructed for the accommodation of visitors. *Dieppe*, though one of the chief fishing ports of France, is likewise a favourite and fashionable marine resort, not quite so simple as *Etretat*, but with many interesting localities in the neighbourhood. *St. Valery-en-Caux*, another small fishing town, has fair accommodation for sea-bathing, and is said to be the place where William the Conqueror embarked for England. *Tréport*, the port of *Eu*, has likewise risen into a favourite sea-bathing resort, with a large establishment, and a fine promenade along the sea. *Boulogne* and *Calais* are too well known to require description. The smaller places are to most people preferable as health-resorts.

DR. ROOKE'S Oriental Pills and Solar Elixir.

THE ORIENTAL PILLS are put up in boxes at 1s. 1½d. each; or family boxes containing five small ones for 4s. 6d., duty included. Each box is wrapped in blue paper with a label on the outside exactly similar to that which is here appended.

THE SOLAR ELIXIR is contained in moulded square bottles, at 4s. 6d., or large bottles containing three of the former, at 11s., duty included. Each bottle is inclosed in a white wrapper, on which is a view of the "Balsam Merchants of the Oriental Regions," exactly similar to this here appended:—



Caution against Counterfeits.

Each wrapper is sealed with the Scarborough Arms in red wax, and signed with my autograph, exactly similar to this here appended:—

Charles Rooke M.D. (Giessen.)

On the glass bottle of each is affixed a label containing my own *Coat of Arms* similar to this here given; and signed with my autograph, the same as that on the outside wrapper:—

PRINTED DIRECTIONS. — In addition to a private mark on the printed Paper of Directions affixed to each box and bottle, there is at the beginning

of each said Directions a view of *Belle Vue Cottage, Scarborough*, and at the end of each paper there is a *fac-simile* of my autograph, the same as this here appended:—



Charles Rooke M.D. (Giessen.)

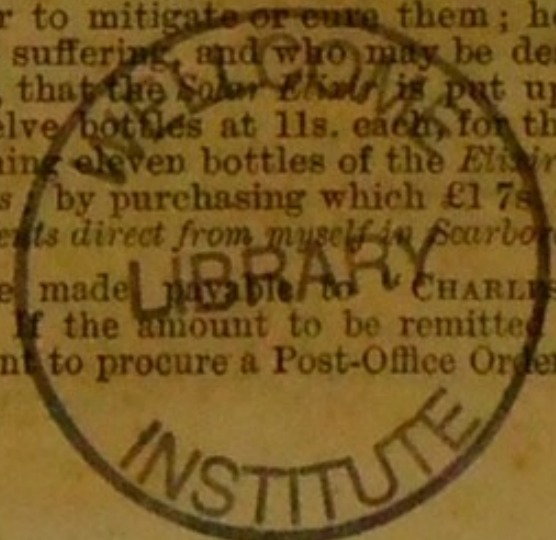
Unless each paper of Directions contains a similar autograph (both as to CHRISTIAN name and SURNAME), in addition to the view of *Belle Vue Cottage*, the medicines are not genuine; in which case they must be at once returned to the Dealer who sold them.

HOW DR. ROOKE'S MEDICINES MAY BE OBTAINED.

The *Oriental Pills* and *Solar Elixir* may be obtained of all Chemists and other Retail Dealers in Patent Medicines throughout the United Kingdom, and in every British Colony. Should any dealer have neither of the medicines in stock, he can easily procure them from any of the Wholesale Medicine Warehouses. Every retail dealer is allowed the usual trade profit on the medicines; and as they may be enclosed with other goods which all respectable tradesmen are regularly receiving from one of the numerous wholesale depôts, purchasers of the smallest quantity of either the *Pills* or *Elixir* will not have anything extra to pay for carriage.

Nearly all long-standing complaints require a course of the medicines more or less protracted, in order to mitigate or cure them; hence it is necessary to inform invalids so suffering, and who may be desirous of giving the medicines a fair trial, that the *Solar Elixir* is put up in deal boxes, each box containing twelve bottles at 11s. each, for the sum of £5 5s.; and other boxes, containing eleven bottles of the *Elixir* and two large boxes of the *Oriental Pills* by purchasing which £1 7s. is saved. These boxes can be obtained by patients direct from myself in Scarborough.

POST-OFFICE ORDERS must be made payable to "CHARLES ROOKE, *Belle Vue Cottage, Scarborough*." If the amount to be remitted does not exceed 23s., it may (if inconvenient to procure a Post-Office Order) be sent in penny postage-stamps.



CROSBY'S

BALSAMIC

COUGH ELIXIR.

OPIATES, NARCOTICS, and SQUILLS are too often invoked to give relief in COUGHS, COLDS, and all PULMONARY DISEASES. Instead of such fallacious remedies, which yield momentary relief at the expense of enfeebling the digestive organs, and thus increasing that debility which lies at the root of the malady, modern science points to CROSBY'S BALSAMIC COUGH ELIXIR as the true remedy.

DR. ROOKE'S TESTIMONIAL.

Dr. ROOKE, Scarborough, author of the "Anti-Lancet," says:—

"I have repeatedly observed
 "how very rapidly and in-
 "variably it subdued Cough,
 "Pain, and Irritation of the
 "Chest in cases of Pulmonary
 "Consumption; and I can,

"with the greatest confidence,
 "recommend it as a most
 "valuable adjunct to an
 "otherwise strengthening
 "treatment for this disease."

This Medicine, which is free from opium and squills, not only allays the local irritation, but improves digestion and strengthens the constitution. Hence it is used with the most signal success in

**ASTHMA,
 BRONCHITIS,
 CONSUMPTION,**

**COUGHS,
 INFLUENZA,
 QUINSY,**

CONSUMPTIVE NIGHT SWEATS,

And all Affections of the THROAT and CHEST.

Sold in Bottles, at *1s. 1½d.*, *1s. 9d.*, *4s. 6d.*, and *11s.* each, by all respectable Chemists, and wholesale by JAMES M. CROSBY, Chemist, Scarborough.

. *Invalids should read Crosby's Prize Treatise on "DISEASES OF THE LUNGS AND AIR-VESSELS," a copy of which can be had GRATIS of all Chemists.*

What THE PRINCE OF WALES Says

See Within