

The non-alcoholic home treatment of disease / by J. James Ridge.

Contributors

Ridge, J. J. 1847-1908.

Publication/Creation

London : National Temperance Publication Depot, [1880?] (Coventry : Curtis and Beamish.)

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HOME TREATMENT
OF
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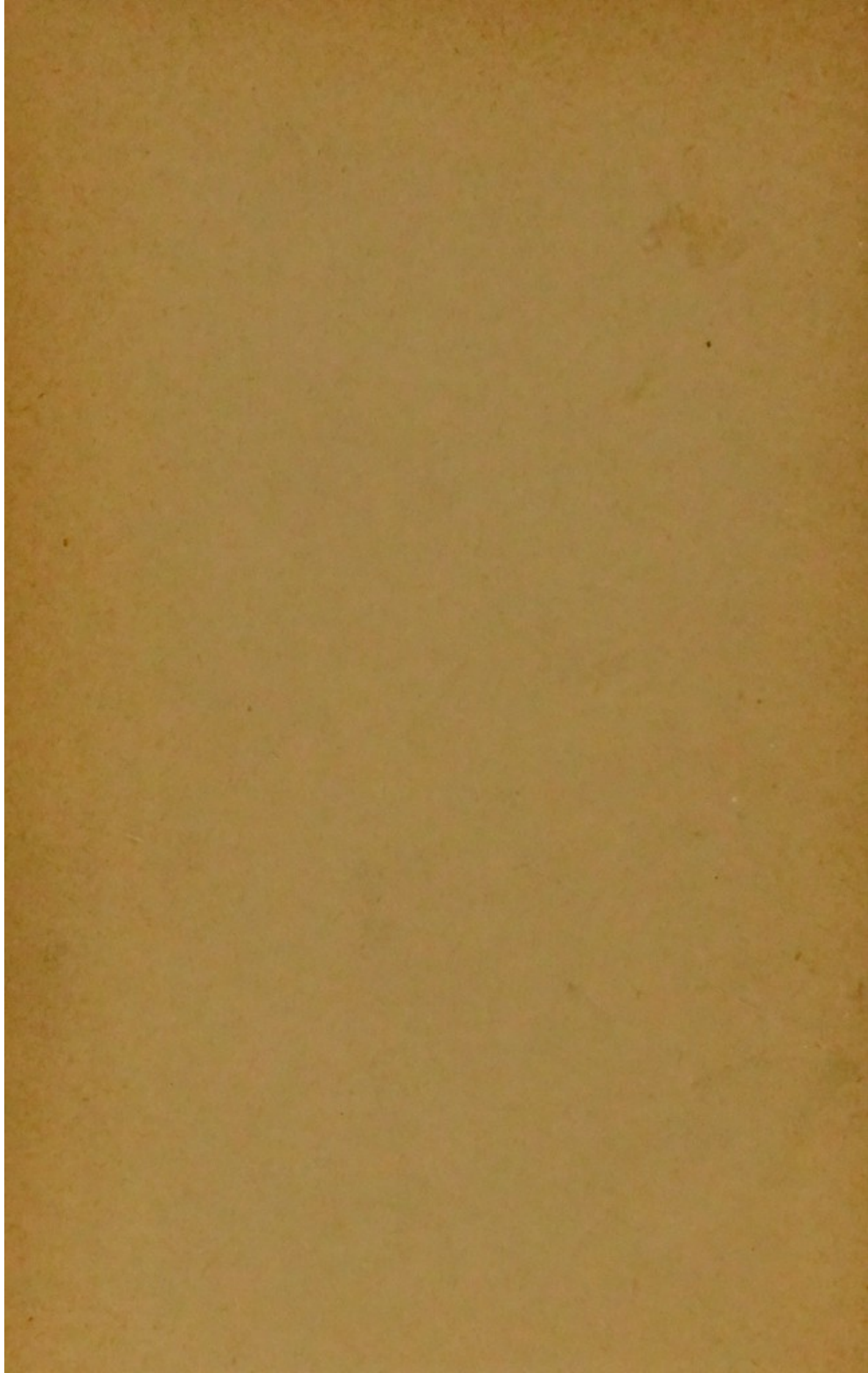
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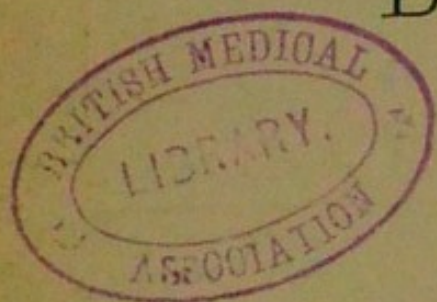
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THE

Non-Alcoholic Home Treatment

OF

DISEASE.



BY

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London:

NATIONAL TEMPERANCE PUBLICATION DEPÔT,
337, STRAND, W.C.

[1880 ?]

COVENTRY :
CURTIS AND BEAMISH, HERTFORD STREET.

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P R E F A C E .

THE compilation of this book was suggested by the numerous applications which have been made to me for advice as to the course to be adopted in various ailments and emergencies, instead of giving alcoholic liquors. There are already many works on domestic medicine in existence, but many of these frequently recommend alcohol for various complaints, and do not offer the choice of any other remedies. My aim, therefore, has been to supplement the valuable information contained in other and larger works by giving directions which may enable those who desire to avoid the use of alcohol in those numerous minor ailments for the relief of which it is so often resorted to, to do without it altogether. Several diseases are not included, because their treatment will be pursued under medical advice. Those slight ailments are also omitted, concerning which the question of the desirability of using alcohol will not arise. I trust that it may be of some service in removing difficulties which have proved stumbling-blocks to many, and in enabling some who have been hesitating in the past to dispense confidently with alcoholic aid.

J. JAMES RIDGE.

Carlton House,
Enfield, Middlesex.
October, 1880.



INTRODUCTION.

THERE can be little doubt that if all those persons who have, as they say, "tried teetotalism," but who have given it up, had continued to abstain, the number of total abstainers and the position of the whole movement would be very different from what they are. Those who have taken up the cause and adopted the practice, often warmly and enthusiastically, but who, in time of trial, have fallen away, may be counted by thousands, or hundreds of thousands. All goes on swimmingly for a while, but, sooner or later, the *pons asinorum* of total abstinence is reached—*the first illness*. This proves a test of character, and of the kind of foundation on which the practice of total abstinence has been built. It matters not how great or small this illness may be—from a carbuncle to a finger-ache—a cheerful friend will surely come and say, "Ah! that's your teetotalism!" No matter whether the illness makes its appearance five days, five weeks, five months, or five years after the alcohol ceased to be taken, Job's comforters will shake their heads over the teetotal folly,

and prophesy speedy dissolution if this infatuated course of conduct is not forthwith abandoned.

To be forewarned is to be forearmed. I think every new recruit should be solemnly assured that, sooner or later, he will be ill, whether he abstain or no, and therefore he need not be surprised when that illness comes. A reasonable being will only want to know whether the illness is likely to happen earlier than it otherwise would, in consequence of total abstinence.

My object in this introduction is to answer that reasonable and natural enquiry fully and fairly.

How are we able to decide whether a certain country or locality is healthy or not? The only method which deserves to be regarded as scientific and conclusive is to observe the amount and kind of illness therein, the rate of mortality and average age at death, and to compare these with the same facts in other localities.

For when we speak of a healthy locality we do not mean one from which disease is altogether absent, but we speak comparatively, taking as our standard of comparison the general health or amount of disease in the whole country.

Just in the same way, also, we judge of the healthiness or unhealthiness of a particular trade; we compare the sickness and mortality of those engaged in it with the sickness and mortality of those in other trades, or of the nation at large.

In the case of a district in which the rates of sickness and mortality are high, it is obvious that all the inhabitants do not suffer to the same extent, because they are not all exposed to the unhealthy influences in the same degree. Yet we do not hesitate to condemn it as unhealthy, and to recognize the danger to which its inhabitants (speaking generally) are exposed. And we do this with even greater justice when the exact cause of the unhealthiness cannot be defined, or, where known, if its limit of influence cannot be determined.

In the case of an unhealthy trade it is often possible to discover the exact cause of its unhealthiness. For example, men who grind steel tools are excessively liable to lung disease, caused by inhaling the fine dust produced in the process of grinding, and this liability to disease is diminished by every measure taken to lessen the amount of dust inhaled. Every effort is taken, therefore, to get rid of it altogether.

The same method of enquiry must be pursued if we would know whether the habitual use of alcoholic liquors is prejudicial to health. If it appear that when, *other things being equal*, there is more sickness among a body of men, or group of people, who take alcohol, than among a similar body or group who abstain, it will have been demonstrated that alcohol is injurious to health.

It is desirable, if possible, to exclude the influence of

intemperance, and to confine our observations to the moderate use of alcoholic liquors.

Dr. W. B. Carpenter states * that the Government obtained returns of the amount of sickness and mortality among the European troops of the Madras Army in the year 1849. In these returns the men were divided into three classes, with the following result :—

	Number.	Admitted into Hospital.	Ratio of Admissions to strength per cent.	Died.	Ratio of Deaths to strength per cent.
Abstainers	450	589	130.888	5	1.111
Temperate	4,318	6,114	141.593	100	2.315
Intemperate	942	2,024	214.861	42	4.458

Later statistics fully corroborate these figures.† Dr. Parkes ‡ analysed the returns of sickness and fever

* "The Physiology of Temperance and Total Abstinence : " by W. B. Carpenter, M.D., F.R.S., F.G.S., London : Bell and Daldy.

† See "The Relation of Alcohol to Bad Sanitation : " a Paper read by the Author at the Congress of the Sanitary Institute at Croydon, October, 1879, and re-printed in the *Medical Temperance Journal*, April, 1880 : National Temperance Publication Depôt.

‡ "On the Issue of a Spirit Ration during the Ashanti Campaign of 1874, to which are added two Appendices, containing Experiments to show the relative effects of Rum, Meat Extract and Coffee, during Marching, and the use of Oatmeal Drink during heavy Labour." By E. A. Parkes, M.D., F.R.S., Professor of Military Hygiene in the Army Medical School, &c., &c., &c. London : J. and A. Churchill.

among the abstaining and non-abstaining soldiers who took part in the Ashanti expedition in 1874, and showed that, after making every allowance for accidental circumstances, there was a considerably smaller amount of fever and other disease among the abstainers, and this, too, in spite of the fact that the amount taken by the non-abstainers was doled out in small measured quantities, not exceeding two ounces and a half of spirits, or one ounce and a quarter of alcohol, only once a day, in the evening, after the day's march was over.

It is very clear, therefore, that alcohol is an agent which, so far from being a means of preserving health, actually tends to produce disease, or causes an increased liability to it. In other words, an apparently healthy moderate drinker is healthy in spite of the alcohol and not in consequence of it. The converse of this is also true, namely, that there is ground, amounting to reasonable certainty, to believe that ill-health befalling an abstainer is *not* due to the absence of alcohol, since that would tend to produce more disease.

These conclusions are confirmed by the ascertained influence of the long-continued moderate use of Alcohol in shortening life. This point is absolutely settled by the unanimous testimony of life assurance offices, in which abstainers are separately classed. Thus the United King-

dom Temperance and General Provident Institution, of London, furnishes the following contrast :—

Years.	General or Moderation Section.		Temperance Section.	
	Claims expected.	Claims made.	Claims expected.	Claims made.
1864-79	3,450	3,444	2,002	1,433

Hence it is proved that alcohol in long-continued moderate doses shortens life, that is, renders a person more liable to disease and less able to throw it off. *Ergo*, it is not an agent which preserves health.

But it may be said that there are exceptional cases, in which the influence of daily quantities of alcohol is not only harmless but beneficial. This is not impossible ; but where is the proof? Before admitting that there are exceptions to such a law it will be necessary to isolate these cases and to compare the healthiness and longevity of these alleged exceptions, both with and without alcohol. Has this ever been done? Certainly not. The only arguments (save the mark !) which can be adduced to lend this notion countenance are (1.) certain feelings or fancies, generally of highly nervous and timid individuals,

who are, in addition, biassed, more or less consciously or unconsciously, against total abstinence : (2.) certain coincidences of ill-health occurring sooner or later after one, two, or several attempts to abstain : (3.) the false witness of interested parties, or of those who wish to give a decent excuse for a cowardly tergiversation.

That the feelings or fancies have no foundation in fact ; that the illnesses *are* coincidences, or, at least, not due to abstinence ; that there is really much false witness on the subject ; and that there is no kind of constitution which requires a daily quantity of alcohol to avert disease, are capable of the clearest proof.

1. No animal, except man, is supplied with, or supposed to require any other beverage than water.

2. Millions of men, women and children, and even whole races, live and thrive without alcohol under every conceivable climate and condition.

3. The prisoners in our gaols, notwithstanding that large numbers of them have been accustomed to take alcohol freely, and are suddenly deprived of it altogether, enjoy even greater freedom from ill-health than the general public. The Surgeons of these institutions unanimously testify that they never see any disease traceable to total abstinence, no notice being taken of fancies but only of facts, and false witness being sifted on the spot with the thermometer and other instruments of precision.

But it is objected by some that the cause of this healthiness of prisoners is the perfection of the hygienic condition of the prisons and of the dietetic arrangements. Just so. This is the proof that when illness seems due to teetotalism outside the gaols it is really caused by the neglect or infraction of some rule of health, that it is due to bad sanitation or improper dieting. If this is so, how foolish to expect to compensate for one error by committing another; to try to get rid of the effects of bad diet or of bad habits by taking alcoholic liquor, which is itself injurious? We may justly say of total abstinence and other sound rules of health, "This oughtest thou to have done, and not to leave the others undone."

What then are all the arguments for the use of alcohol worth in comparison with the facts of its influence on health and life here given? Absolutely nothing. The very same arguments would demonstrate the desirability, or, at least, the freedom from harm, of bad ventilation and impure water. There can be no doubt that anyone who may think himself better with alcohol, or worse without it, is far more likely to be self-deceived, or to be deceived by the alcohol, than to be an exception to such a well-marked general law. I have known many cases in which persons have been thus deceived or have been misled by others. They have honestly believed that total abstinence did not agree with them. Not seldom some equally mis-

taken doctor has assured them so, or has even told them they would die if they continued to abstain. Many have proved the falsity of their own fears and of their doctor's oracular warning, by getting well on water in spite of both. Others have been frightened back to alcohol once, twice, or even more times, but have succeeded in abstaining at last, and have thereby discovered that their constitution with regard to alcohol is just the same as that of all other people.

There doubtless is a quantity of alcohol so small that it ceases to have any appreciable effect on health and life. But what that amount is cannot be affirmed with any approach to accuracy. It certainly must be exceedingly small. It would not be sufficient to affect the palate of the most fastidious gourmand, or to produce the slightest temporary physical effect. It would not be detectable by the nerves, or in any other way than by delicate chemical tests. Powerless for harm it must also be powerless for good. Who then would be so foolish as to run the risk of harm for no benefit at all?

For the fact has been established beyond question* that the chemical action of alcohol is injurious to living cells in *direct proportion* to its quantity and concentration.*

I have also shown that incredibly minute quantities of alcohol have a perceptible influence on cells and tissues,

* See the *Medical Temperance Journal*, January, 1880, to which I contributed an article on the Influence of Alcohol on Living Cells.

hindering their proper growth and development, so long as the alcohol is in contact with them.

In abandoning the daily use of alcohol, therefore, it should be clearly understood that we abandon an injurious influence, and we escape from a cause of disease, just as we also do when we get into a purer atmosphere. *There is not the slightest occasion to do anything, or to take anything, to make up for the loss of a strengthening or supporting agent.* NO LOSS HAS BEEN INCURRED save the loss of a cause of disease and death.

If anyone thinks that he must eat more to replace the supposed loss through the absence of alcoholic liquor, or if he does eat more because, by the removal of a narcotiser of the stomach, his appetite very much improves, it is highly probable that he will very soon be ill with a bilious attack, or with indigestion and its consequences: then, *of course*, his total abstinence will get all the blame!

Alas! thousands have thus relapsed, and not a few through flying to alcohol to deaden their uncomfortable sensations. I trust that the fundamental principles I have now defended, and the directions hereafter given, may help to confirm, to encourage and, perhaps, to save such as are open to conviction. For the rest, we can but mingle regret with pity, and exclaim with Virgil, "O fortunatos nimium, sua si bona nôrint!" which, being freely translated, means, "What a pity some fortunate people do not know when they are well off!"

THE NON-ALCOHOLIC HOME TREATMENT OF DISEASE.

ACCIDENTS : *see* SHOCK.

ACIDITY :

Acidity is a term used to signify the rising of *sour* fluid into the throat or mouth. It is a consequence of dyspepsia, and may be the temporary result of taking some indigestible food, or a chronic condition occurring after every meal.

In the latter case it is often due to some dietetic error, either as to the quality or quantity of food, or the time of meals. If any such error exists it must be amended. Rich diet or food of a fatty nature, such as oily fish, fat meat, pastry or even butter may produce it, and have to be avoided for a time. Too much sugar may give rise to it, and the beverage, tea, is not seldom the cause, especially if too strong or too hot.

The medicinal *treatment* consists in taking either some acid before meals, or some alkali two or three hours after. Thus, two or three teaspoonfuls of lemon or lime juice, or a teaspoonful of vinegar with a little sugar or honey, or ten or fifteen drops of dilute Hydrochloric acid in sugar

and water, may be taken a little while before food. If this does not succeed, or if the acidity is only an occasional occurrence, and comes on two or three hours after a meal, a good pinch of Bicarbonate of Soda or Magnesia is a good remedy ; or one or two of Wyeth's compressed tablets of soda mint may be taken ; or a teaspoonful of Dinneford's fluid magnesia, or the Prescriptions I., IX. or X. [*See Appendix and DYSPEPSIA.*]

AGUE :

The symptoms of an ordinary attack occur in three stages : (1) The cold stage, in which the blood vessels of the skin are contracted : (2) the hot stage, in which the blood vessels are relaxed and gorged with blood : (3) the sweating stage, in which the congested vessels are relieved by perspiration.

The *treatment* will differ according to the stage of the attack. In the cold stage the object is to procure relaxation of the blood vessels and determination of the blood to the skin. To this end apply hot flannels to the spine, or put a piece of flannel over it, and iron with a hot flat-iron. Place the feet and hands in hot water ; wrap up warmly before a fire. Take some hot drink, such as hot milk and water, or hot gruel, &c.

Many serious fevers and inflammations come on in a very similar way to the cold stage of ague, with shivering, and a sensation of cold water running down the back, &c. Ague is very uncommon now in nearly all parts of this country ; therefore, in the event of such an attack of

shivering it will be well to procure medical aid if possible.

If, from the experience of previous attacks, the disease is known to be ague, five or ten grains of Sulphate of Quinine may be taken in water every hour or two until the cold stage ceases, and afterwards, two grains every four hours for three days, unless another fit occurs, when the five-grain doses may be resumed.

Should a shivering fit, &c., be the result of a known chill the case must be treated as one of catarrh. [*See COLD.*]

In the *hot* stage care must be taken not to chill the body too suddenly: an effervescing draught may be taken (Prescription XV.)

In the *sweating* stage, dry rubbing with a soft towel will afford much relief.

ALCOHOLIC CRAVING:

This craving for alcohol may be present during the first few days after a person has commenced to abstain totally from all beverages which contain it. Or it may occur as a sort of almost irresistible impulse in certain cases at an indefinite time afterwards, constituting the morbid state known as *dipsomania*. The craving in the first class of cases is largely dependent on a diseased condition of the lining membrane of the stomach, which has been produced by the irritation of the alcoholic liquors. Very often food has not been taken for some days, and the want of it causes a sense of great prostration. It is essential, therefore, that nourishing and

digestible food should be taken rather frequently, and this will in itself often prevent the craving for alcohol. An orange before breakfast has been recommended as a remedy, and there is no doubt that ripe fruit is good. A cup of warm milk and water will be of use when the craving comes on, and even a cup of cold water will often "turn the stomach." If there is much debility, or if the above means are not sufficient, take Prescription XII., or Prescription XI. if there is much constipation. If the patient is very plethoric and seems to have too much blood, give Prescription XIII. instead. Should these remedies not be sufficient give Prescription XIV. The Tincture of Cinchona, which was heralded as a specific for drink-craving, has not proved so valuable in practice. It is, however, a good tonic, and, in some conditions of exhaustion of nervous and bodily power, especially when the drinking bout has been accompanied with much sickness or with diarrhoea, is likely to prove useful. It should be taken in doses of fifteen or twenty drops in water, three times a day.

ANAEMIA, *or* POORNESS OF BLOOD:

In this complaint there is a deficiency of red globules in the blood, which is, therefore, too pale. It may be the result of some fever or exhausting illness; it may accompany dyspepsia, and is then due to imperfect digestion and assimilation of the food. It is very common in girls and young women, and is accompanied with irregularities of menstruation.

It may be recognized by the pallor of the skin and mucous membranes. The skin often has a waxy appearance. Simple paleness of the face is not a proof of anaemia, but may be natural. The best indication is paleness of the lips and of the inside of the lower eyelid, which can easily be seen by drawing the eyelid down. The poverty of the blood produces shortness of breath, and often palpitation of the heart also, especially on a little exertion. There is generally more or less weariness, languor and debility, sometimes also giddiness, sickness, fainting and neuralgia.

In the *treatment* of anaemia port wine and other stimulants are worse than useless. The grand remedy is iron in one form or another, and under the influence of this new red blood corpuscles will be formed in large quantities in the course of from two to four weeks. The kind of chalybeate which should be given is that which experience may show to suit the patient best. The astringent forms are most powerful if they agree ; namely, ten or fifteen drops of the milder solution of Perchloride of Iron * in a fluid ounce of water, three times a day after meals, or one or two grains of Sulphate of Iron, either in water, or, if preferred, made into a pill with a little Extract of Gentian. If these are too constipating Prescription XI. may be taken. If all are unsuitable a milder form of steel may be administered, such as the Citrate of Iron and Ammonia (or Quinine if neuralgia is

* This is the same thing as Tincture of Steel or Steel Drops, but is made with water instead of alcohol.

present) in water or lemonade: or ten grains of the Saccharated Carbonate of Iron; or two lozenges of Reduced Iron, three times a day.

If the cause of the anaemia be dyspepsia special treatment will possibly be required, though, even in this case a course of iron will often effect a cure or be beneficial. [See **DYSPEPSIA**.]

Change of air is often of great service, and if this be accompanied with a course of steel, a marvellous alteration will soon be apparent. It is possible to combine both change and medicine by visiting some chalybeate spring. Such springs are found at Harrogate, Tunbridge Wells, Sand Rock, Isle of Wight, Pyrmont, Spa, Schwalbach. Most of these mineral waters are bottled at the springs and can be procured through any chemist.

APPETITE, LOSS OF:

There is generally loss of appetite during feverish attacks and many acute illnesses, and in such cases, feeding the patient becomes an *art*, requiring study and management. But we propose now to consider those cases in which loss of appetite is the chief or only symptom, and especially such as appear to be relieved by the use of some alcoholic beverage.

It may be due to several causes, such as (1) *Perversion of taste*. The habitual use of ale or beer with meals, even in strict moderation, creates a craving for its daily repetition. If it be omitted the meal seems flat and tasteless, and there is a painful consciousness of the

absence of the accustomed beverage. This "aching void," which nothing else seems able to fill, clearly shows that even small quantities of alcoholic drink are able to *alter* the system. This craving is the cry of perverted nerves, and is the commencement, or first degree, of that terrible desire for alcohol which has hurried multitudes into a drunkard's grave. Fortunately, a healthy and natural state of the nervous system can be regained, but only on one condition, namely, that the cause of the perversion be abstained from altogether for a sufficient length of time. No magic can effect it, but, if the abstainer only persevere, he will find, as hundreds of thousands have found before, that the relish for food will return, and that the sense of taste will be really keener when quite undulled by alcohol.

The best and most suitable beverage to be taken with meals is undoubtedly pure cold water. The relish for water is always present in young, unpampered, and unspoiled children, and most such will prefer cold water, even for breakfast and tea, to any hot drink. This natural relish soon returns with a little patient practice. Those who cannot, or fancy they cannot, take cold water, may take milk and water, or toast and water, or thin barley water, soda or seltzer water, or one of the many forms of unalcoholic drinks which are now so plentiful.

(2.) There is very often disinclination for food because *it is not required*. Many cannot eat much breakfast because they have had a hearty supper: others, having had a meat supper, eat a good breakfast, perhaps with bacon or fish and an egg or two, and then wonder that they cannot eat a substantial lunch! Or, if they get

through lunch in the middle of the day, do not feel hungry enough to eat a dinner of four or five courses in the evening without a stimulant ! Or, if they dine at one or two, and have tea at five or six, cannot relish a substantial supper ! In not a few cases one or two supplementary meals have been squeezed in between breakfast and dinner, or dinner and supper, or something partaken of before breakfast has taken the keen edge off the appetite. In all these cases it is the stomach which is right and the habits which are wrong. A man whose stomach has spirit enough to rebel against overwork is to be heartily congratulated. Too many so persecute and train their digestive organs that they learn to get rid of excess of food in a half-digested condition, in order to prepare for the next meal. The stomach is thus never in a really healthy state. It may continue for years before it breaks down, but when it does there is complete collapse. The patient then says he cannot understand it, since he has always been so very hearty and has been living so very regularly for so long a time.

What is to be done, then, for such want of appetite at certain meals ? Simply *go without* food and wait till an appetite comes, which will surely happen if you will only wait long enough. One or two hearty meals a day are quite sufficient, the others need give no concern. The quantity of food taken must depend upon the amount of work done, and the temperature of the air. An occasional day of fasting or low diet would do many a person good. The stomach takes from two to four hours to digest and dispose of a meal, and should have an hour or two of rest after that before being called on to work again.

(3.) In some cases the loss of appetite is due to *Atonic Dyspepsia*. This is often the result of the excess of food just described, but may be due to other causes, and requires appropriate treatment. [See **DYSPEPSIA**.]

(4.) *Absence of stimulation*. When ale or beer is regularly taken with meals the stomach learns to expect them at the usual times. The mucous membrane of the stomach becomes less sensitive to irritants for the purpose of its own protection. In some cases, therefore, simple food, taken without any of these drinks, does not irritate it sufficiently to excite the secretion of a proper amount of gastric juice and to produce those active movements of the organ which are necessary for good digestion. Hence the food is often not relished, and is imperfectly digested. The same condition is often produced by the use of hot condiments, such as mustard, pepper and especially cayenne pepper and curry, and when both causes are combined, as is often the case in hot climates, congestion of stomach and liver is produced sooner or later. The appetizing power of beer and bitter ales in these cases is chiefly due to the hop or other bitter ingredients which they contain.

When it seems to be necessary to assist the appetite temporarily, or during the transition from alcohol to abstinence, a small quantity of simple Infusion of Hop (*see page 56*) may be taken, with or without aërated, Appolinaris, soda or seltzer water. Gentian or Quassia may be used instead of hops, smaller quantities of the gentian root, or quassia chips, being required.

(5.) *Exhaustion*. In some case the appetite is absent because the whole body and mind are exhausted. "City

men" come home to a late dinner and cannot touch it till (as they allege) they have had some alcoholic beverage. As was said above (§ 2), this may be a natural rebellion against excess. But when it is not so, it may be due to the opposite mistake, namely, complete abstinence from food during too long a time and during exhausting work of mind and body. Or, again, it may be nature's warning against overwork, and cannot be neglected with impunity. Life will inevitably be shortened if it is found necessary to rely on the aid of alcohol in any form in order to do a day's work. If, however, as may occasionally happen to anyone, such an exhausted condition has been unavoidably brought about, it may be and often is dispelled by the first few mouthfuls of food; the appetite returns and the rest of the meal is enjoyed. A small quantity of soup or beef tea has a wonderfully restorative power, especially if warm, and taken a little while before the rest of the meal. Many other things will have the same effect; a little oatmeal and water, or a few sips of cold water only, or a small quantity of Hedozone or Zoe-done will give a "turn" to the stomach and gently encourage it to more active efforts without creating any subsequent depression or insensibility.

APOPLEXY:

Often called "a fit" or "stroke." It is here mentioned, although medical aid should be at once obtained, because there is a popular idea that whenever a person is taken ill with giddiness, fainting, or insensibility, brandy

should be at once procured and poured down his throat. Nothing can be more dangerous in apoplexy. This disease is due to the bursting of some blood-vessel in the head, and the poured-out blood presses on the brain, and leads to more or less insensibility. If fainting occurs, it may possibly save the patient's life, because then the blood-vessels contract, and the flow of blood ceases immediately: time is thus given for the ruptured blood-vessel to become sealed up by a clot, which will prevent further loss of blood. If brandy is given, there is, first of all, great risk of choking the patient: if that danger is escaped, and the brandy is swallowed and absorbed, the vessels become relaxed and the heart recovers its force; hence the ruptured vessel, if not sufficiently sealed by clot, may be started again, and fatal haemorrhage result. Fortunately, while this state of sudden unconsciousness continues, very little brandy is absorbed, and so less harm is done by giving it. But another evil is that the patient is often made to smell strongly of spirits, and thus policemen have often taken up such an unfortunate person, and charged him with being drunk and incapable.

The only *treatment* which unskilled hands can adopt is to lay the patient on his back on the floor or sofa with the head and shoulders somewhat raised; to loosen all the dress round the neck and body; to apply cold to the head and hot flannels or a hot bottle to the feet and hands, or to soak them in hot mustard and water; and to gently rub the arms and legs.

BED-SORES :

These are much more easily prevented than cured. Therefore, when a patient is confined to bed, especially when suffering from any debilitating disease, the necessity of *daily* examination, especially of those parts which are most exposed to pressure, cannot be too strongly urged. All the parts pressed upon should be kept clean and dry, and this is particularly necessary when the urine is passed involuntarily. Let the bed clothes be kept free from rucks, lumps, or crumbs. Let the parts pressed on be well-washed every day with strong salt and water, or alum and water, and be carefully dried afterwards. *Glycerine of Tannin* may then be applied. If any redness appears, especially if any dusky patch is formed, *Collodion* may be applied with a brush, and all pressure should be taken off the part by a circular air-pillow, or by a water-pillow, cushion or bed. Failing these, small bran or sand bags may be made and carefully arranged. If the skin is broken, *Zinc* or *Resin ointment* may be applied, and, if a slough has formed, a Charcoal poultice is a capital application.

BILIOUS ATTACKS :

These really are acute attacks of indigestion, but they are so common and so well-known under this name that it is well to treat of them separately. They may be of all degrees of severity, from simple transient headache to long-continued and prostrating pain in the head, accompanied by vomiting and even blindness. The lining of

the stomach is temporarily inflamed, and the liver is gorged with blood. Irritants of all kinds, and therefore alcohol, should be avoided. Abstain from all food for a time ; encourage sickness at first if occurring soon after a meal or traceable to indigestible food. This may be done by taking a teaspoonful of Ipecacuanha wine every ten minutes until the vomiting occurs, or by a teaspoonful of mustard in a tumblerful of warm water, or by a tumblerful or two of plain warm water. Afterwards take a frequent sip of cold water : or half a teaspoonful of Bicarbonate of Soda, with or without aërated water, or a little Vichy water may be taken every hour. Keep very quiet, and, if possible, get to sleep. Five grains of blue pill or grey powder may be of service, or a pill containing half-a-grain of resin of Podophyllin, but it is not desirable to resort to these frequently. Tincture of Nux Vomica in one-drop doses every hour will often give great relief.

When the attacks frequently recur an alteration may be required in the time of meals, the quantity or kind of food, or the mode of eating. Rich or very sweet dishes and pastry must be avoided. A draught of cold water the last thing at night or the first thing in the morning is often useful : plenty of fresh air and exercise will tend to prevent congestion of the digestive organs. [See **VOMITING.**]

BLEEDING : *see* **HAEMORRHAGE.**

BLOOD, POORNESS OF : *see* **ANAEMIA.**

BOILS, *or* PUSHES :

These painful things are generally attributed to a "low" condition of the system, and if they occur in a total abstainer, he is certain to be told that the boils are due to weakness, and that his teetotalism is "killing him." All this is a very great mistake. In the large majority of cases boils result from an overloaded condition of the system, which is the result of taking too much food, or some error in diet by which digestion is interfered with. The boils are the result of an effort of nature to get rid of offending matter. In some cases they are due to the use of impure water or the presence of sewer gas in the house. In others, overwork, or other debilitating causes, may have produced the state of the digestive organs which usually causes the boils.

The same remarks apply equally to Carbuncle, which is, essentially, an extensive boil.

Boils often commence with a small pimple, having a head the size of that of a pin ; round this there is more or less inflammation, which at length becomes so intense that a small portion of the tissue beneath dies and forms a "core," and suppuration takes place round it until it is loosened and expelled.

If such a pimple and the skin for an inch or two around is early painted with Iodine paint the progress towards a boil is often arrested. Another remedy is to apply over it a small piece of Belladonna plaister ; or the skin round the pimple may be gently rubbed with a little juice of Belladonna, or the extract of Belladonna may be smeared

on it, and covered with a small piece of diachylon plaister, in which a small central hole has been cut. This shield of strapping is also useful in order to prevent friction. If the boil cannot be arrested, hot poultices should be applied, while the spread of inflammation to a distance may, if conveniently situated, be deterred by the application of a cold water bandage.

The diet should be plain and unstimulating, condiments being avoided, and plenty of fresh vegetables taken if possible. The purity of the water should be ascertained, and absence of sewer-gas from the house ensured. Fresh air, exercise, and proper rest should be obtained, and late hours avoided. As an internal remedy, sulphide of calcium, is generally useful, or Sulphur itself, especially when there is a tendency to the recurrence of the boils. An ounce of milk of sulphur should be put into a quart of water, and a wine-glassful should be taken once or twice a day, after the bottle has been well shaken. The sulphurous waters of Harrogate, of Trefriw, near Llanrwst, in North Wales, and of Aix-la-Chapelle, are often most valuable. Where exhausting causes are known to have existed, and debility and anaemia are obviously present, a preparation of Iron may be required, with or without Quinine or Gentian. [*See ANAEMIA and DEBILITY.*]

CARBUNCLE :

The origin and nature of this painful complaint is referred to in the section on **BOILS**. Medical advice

is requisite, but the popular notion that port wine is absolutely necessary is both erroneous and mischievous. From my own experience, corroborated by several medical friends, I can assert that numbers of cases of carbuncle, some of them of extreme severity, have been successfully treated without a drop of alcohol. Clearly, then, it is not always required.

CATARRH, or COLD, and CHILL :

It is scarcely necessary to describe a complaint of such universal occurrence. We all know the chilly feeling, sometimes accompanied by sneezing and shivering, with which a severe cold commences.

The treatment should be commenced as early as possible, as many colds can be averted or rendered slight if efficient measures are promptly adopted. If the first few hours are lost much less good can be done. The great object of treatment is to procure speedy and thorough sweating. This can be effected in several ways.

(a.) *The Vapour Bath.* Let the patient be stripped and sit upon a cane-bottomed chair, surrounded by one or two large blankets, which are closely fastened round the neck and reach to the floor on all sides, being turned under the feet. Let a pail or pan of boiling water be placed under the chair from behind, while the patient is seated ; let a red-hot brick be immediately placed quietly into the water the same way, and the blanket be dropped so as to enclose the steam. In a very few minutes abundant perspiration will ensue. The patient may also

drink at the same time a quarter to half a pint of hot milk and water. If faintness occurs the face may be sponged with cold water, or a cold wet towel be wrapped round the head. After a short time, fifteen or thirty minutes, according to the patient's strength and amount of sweating, or the severity of the chill, he should be rubbed with a hot sheet or with warm towels before a fire, and get quickly into a warmed bed.

When this bath cannot be had it may suffice to dry rub the body well with hot towels before the fire, having a blanket round the body, fastened about the neck; then get into a warmed bed and drink quickly some hot milk and water or thin hot gruel. The feet and hands may also first be put into hot mustard and water.

After such treatment care must be taken not to get out of bed or throw off the bed-clothes while in a state of perspiration, and special precautions must be used on the following day to avoid a fresh chill. The diet should be light and unstimulating.

If a cold is felt to be coming on during the day, before these measures can be adopted, it is useful to take five drops of ordinary Spirits of Camphor, on a lump of sugar, every hour or two. Ten grains of Dover's powder, or a teaspoonful of Ipecacuanha wine may be given at bedtime, if free perspiration has not been produced by the vapour bath, or seems unlikely to occur: or, instead of milk and water, milk and saltpetre may be taken for the same purpose. [See **APPENDIX.**]

If the symptoms are not thus relieved, or if feverishness still continues, the doctor should be at once applied

to, for in these cases pre-eminently "a stitch in time saves nine:" many inflammations come on in this way, and may be averted by early and appropriate treatment.

CHILBLAINS :

Everything which reduces the tone of the system predisposes to chilblains ; hence many who suffer from chronic dyspepsia are troubled with them. Feebleness of circulation, the result of this dyspepsia or of other causes, is the cause of the stagnation of blood under the influence of cold, which precedes the inflammatory action. Want of exercise is often the cause of this feeble circulation, and, if sufficient exercise be taken every day, in the majority of cases the chilblains will never come, or will disappear. It is necessary, however, that the exercise should be some real exertion ; enough to put feet and body into a glow of warmth. And it is of little use to get this once a day for a little while, and then to sit still or keep quiet all the rest of the time. Two or three brisk walks, runs or gymnastic exercises, for half an hour, will do more good than an hour and a half at one stretch. The use of cold water followed by friction is a great protection and useful means of cure in the unbroken condition. If remedies are applied, they are most beneficial in the morning, when the chilblains are uninflamed. Friction is the great remedy, and may be assisted by using Camphor Liniment, or a mixture of one part of Vinegar of Cantharides with eight parts of water ; or, after friction, Iodine paint may be applied.

COLD FEET :

These, also, indicate a slow and feeble circulation, and general want of tone. Many suffer from cold feet only at night, when the force of the circulation is diminished, and this coldness is often a cause of sleeplessness. The feet may, of course, be warmed, and kept warm, by a fire during the day and by hot water-bottles at night, though even these fail in some extreme cases. But this external warmth only weakens the circulation still further, and renders the person more sensitive to the cold. The proper way is to prevent the feet becoming cold by sufficient exercise [*see* **CHILBLAINS**], and by every means calculated to improve the tone of the system. [*See* **ATONIC DYSPEPSIA**.] The use of woollen stockings or socks is desirable. The feet may be effectually warmed at night by putting them into cold water for a short time before getting into bed, and then rubbing them well with a rough towel. In the way of medicine, steel is sometimes required, either in the shape of a teaspoonful of Parrish's food, in water, three times a day, or as Prescription XII. Quinine and Codliver oil are also both useful.

COLIC :

This usually arises from indigestion, and is generally attended with diarrhoea. Sometimes, however, there is constipation, and this is specially the case when lead poisoning is the cause.

Lead Colic, or Painters' Colic, may always be recognized

by a blue line, which is found in these cases along the edges of the gums where they are in contact with the teeth. Medical treatment is necessary, and the source of the poison must be discovered and avoided. As a means of alleviation a pill containing one grain of powdered Opium may be taken, and repeated if required, while hot dry or hot wet flannels, or a hot bottle, may be applied to the abdomen.

Colic from the passage of a *gall-stone* or *kidney calculus* may be suspected if the colic is extremely severe, principally in one spot, but shooting into the back or groin, attended with vomiting, but without diarrhoea. Medical aid is then required.

Colic of the bowels may be attended with diarrhoea or constipation. All kinds of stomach pains are often called by this name, but only those pains which are caused by spasm of the muscular coats of the bowels are entitled to be called colic. It can be distinguished from pain caused by inflammation of the bowels by being relieved by pressure.

Colic due to *Spasm* may be either (1) simple, irregular and excessive contractions, due to several causes : or (2) spasmodic contraction which has been caused by intussusception, or so called "twist of the bowel," or which may have produced this condition : or (3) stoppage of the bowel as the result of the accumulation of faecal matter, or inability to allow this to pass from any cause.

In the second and third of these varieties there will be more or less vomiting, with constipation, often inability even to pass any wind downwards, while the pain is

extremely great, chiefly in one place, and increasing hourly in intensity ; the pain at length never entirely subsides, although it is aggravated at short intervals. These cases are far less common than those of simple colic, and require skilled treatment.

Ordinary colic may arise from cold, especially cold affecting the feet, or from some error in diet. In the latter case, especially if it occurs within three or four hours after food, it is often desirable to induce vomiting by drinking two or three tumblerfuls of hot water. To relieve the pain apply hot flannels or fomentations externally : in some severe cases a turpentine stoup may be required [*see* **APPENDIX.**] After sickness, or in its absence, some hot ginger tea may be sipped, or hot water containing a little grated nutmeg or powdered cinnamon. When the attack can be traced to some indiscretion as to food, whether in quality or quantity, a dose of Rhubarb or Castor Oil may be taken with advantage, or five grains of compound Colocynth Pill. As soon as the bowels have acted, a teaspoonful of Paregoric may be taken in water by an adult, and be repeated every hour, if required, to the extent of four doses : children will, of course, require a smaller quantity. If the colic still continue severe, a hot hip-bath may be resorted to. [*See* **DIARRHŒA.**]

The colic of *menstruation* is referred to in that section.

The colic of *children and infants* should never be treated with alcoholics. In infants it generally arises from excessive or improper feeding ; care should be taken that the milk given to them is not sour. If the milk is rejected by the stomach, and comes up in a very curdled

state, it should be diluted with an equal quantity of lime-water : if this is not effectual, then any very thin sweetened farinaceous food may be given for a few days, in small quantities without any milk. Children should not be allowed to have any form of meat or fish before at least twenty teeth have been cut, and many do not need it even then. The practice of letting young children have whatever their parents do is extremely bad, and ruinous to many constitutions.

A little Dill water is useful to disperse wind in infants, or a teaspoonful of sweetened Chamomile tea may be given. If these are not effectual, try Prescriptions VII or IX for an infant, or Prescriptions VIII or X for young children. If there is much constipation a little Castor Oil will be serviceable, or a dose of Gregory's Powder, and these may be assisted by an enema of warm water. [*See DIARRHŒA.*]

COLLAPSE : *see* SHOCK.

CONVULSIONS : *see* FITS.

CRAMP :

This is a muscular spasm often of a very painful character. It may attack any part of the body, but more particularly affects the legs and feet, often coming on in the night and awaking the patient. It is generally the result of irritation of some distant part. It may also be

due to pregnancy, but is nearly always a consequence of indigestion accompanied by flatulence.

When cramp occurs nightly, a hot water-bottle is a useful preventive, and should be applied to the part usually affected. The India-rubber water-bottle is the best. If it comes on suddenly in the night, a little hot peppermint water or ginger tea may be taken, and the cramped muscles should be allowed to contract as much as possible, while friction is applied with or without heat. When the attacks are of frequent occurrence supper should be avoided, or only a very light meal be taken an hour or two before retiring to bed : tea should be abandoned, cocoa, coffee, or milk and water being preferable, and a little peppermint water may be taken the last thing at night. The Tinctures of *Nux Vomica* and *Belladonna* are often useful as medicines. [See **INDIGESTION.**]

CROUP :

This disease generally attacks only infants and young children. There are two kinds : the one, ordinary catarrh, attacking the windpipe, and from this the patients generally recover : the other, due to the poison of diphtheria, and this is nearly always fatal. The former is usually preceded by symptoms of a cold, and should be at once treated by the application of a succession of hot wet sponges to the throat, while a bread or linseed poultice, sprinkled with mustard, is being prepared. The room should be warmed immediately and filled with steam. Medical advice should be obtained at the earliest

opportunity, as the nature of the complaint may be uncertain, and time is everything for successful treatment. If such advice cannot be obtained, and symptoms of catarrh are present, a teaspoonful of Ipecacuanha wine may be given every ten minutes until vomiting is produced.

DEBILITY :

This is generally a symptom of some disease. It may be due to weakness and delicacy of constitution, which obviously render all hope of becoming robust and hardy entirely vain. A distinction must be drawn between *muscular weakness*, such as results from debilitating fevers and inflammations, and those *sensations* which are more or less temporary and evanescent.

The debility of *convalescence* requires fresh air, good food in an easily digested form, and the avoidance of over-exertion, while taking, on the other hand, a gradually increasing amount of exercise. Such debility is only aggravated by alcohol, though it may for a time be partially masked thereby. The food should be chiefly fluid at first in extreme cases, solids being substituted with increasing strength ; it should not be too highly nitrogenous. Milk is the best food of all, and may be supplemented by farinaceous articles and eggs. Beef-tea may be taken, but its value as a nourishment is greatly over-estimated : soups are nourishing, but much gelatine is not easily digested, and the "goodness" of soup or beef-tea certainly does not depend on the firmness of the jelly : purées are very suitable in the early stages.

General debility without obvious cause may be treated in many cases by cold bathing: weakly constitutions require either the cold wet sheet, or dripping towel, or the tepid bath; stronger people should employ cold sponging or the shower bath. Sea bathing is often of great service, but, if not obtainable, sea-salt, or even common salt, may be added to the bath. The meals should be regular, not too frequent, and well masticated. The maxim "early to bed and early to rise" should be observed with discretion. The bed should be supplied with a mattress only, and the covering should not be too heavy. The day clothing should be warm, but not excessive. Any special delicacy of throat or chest may be diminished by sponging with cold water two or three times a day, following it up by brisk friction with a rough towel. Exercise should be taken in proportion to the strength, never so much as to exhaust the system. Change of air often works wonders. By all these means the "tone" of the system is improved.

On the other hand, it should always be remembered that port wine and every other form of alcoholic liquor, which are so often recommended as tonics, while they relieve uneasy sensations and so give a false sensation of increased vigour, really *reduce the tone of the pulse*. They are, therefore, the exact opposite of tonics, namely *relaxants*, and tend to enfeeble the system. Their reputation has been gained by "deceiving" the mind, but they have now been found out. They have often been given during convalescence, which progresses in spite of them, but they nevertheless get the chief credit of it. Alcohol is *not a tonic*.

When any special disease accompanies the debility special treatment will, of course, be required.

Sudden attacks of debility with more or less muscular tremor, and, perhaps, faintness, have a nervous origin, and are usually dependent on indigestion and flatulence. In themselves they are of no great importance, though often alarming to the sufferer, and certainly very unpleasant. The dyspepsia must be treated appropriately, but, meanwhile, the face may be doused or sprinkled with cold water, or flapped with a cold wet towel: or a very little hot fluid may be swallowed, such as hot milk and water, hot ginger and water, or peppermint water, or a little Liebig's extract dissolved in hot water, or even in cold, if hot water cannot be obtained: or a clove may be chewed and swallowed, or a small piece of ginger. [See **DYSPEPSIA** and **OUT-GROWING THE STRENGTH.**]

DEPRESSION OF SPIRITS:

There may be mental or moral causes for this beyond the reach of medicine, but there is also a depression which is due to a very simple and removable cause. I refer to that mental depression which is sometimes produced by indigestion, and accompanied by more or less congestion of the liver and other abdominal organs. There is frequently furred tongue, foul breath, unpleasant taste, headache, disinclination for work or exertion of any kind, or irritability of temper. All seems dark and gloomy. Such an attack is often called a "fit of the blues," or "biliousness," the section on which may be referred to.

A Turkish bath is a good remedy ; failing that, a hot air bath may be improvised at home. This can be given thus :—let the patient be stripped and seated on a wooden chair with a blanket fastened round the neck and a sheet outside that : let a wineglassful of methylated spirit be put into a small jam jar and the jar be stood in a small tray placed beneath the chair : let the spirit now be lighted and the air will soon become hot.

A seidlitz powder may be given, or five grains of blue pill, if required. Prescription I or II before meals is often useful. In cases where there has been high living it will be well to avoid all rich food, and live principally on dry bread, toast or biscuits, and cold water.

DIARRHŒA :

There are several forms of this complaint, which require appropriate medical treatment. For my present purpose I shall simply discuss those more or less sudden cases, with or without sickness, for which brandy is a popular remedy.

Diarrhœa is most frequently produced by some error in diet. It is often prevalent in spring and early summer, because the heavy and abundant food, suitable for the cold winter, is continued after the warm weather sets in. The system becomes clogged with superfluous matter and relieves itself by diarrhœa. Later on, in the autumn, it often results from partaking of unripe or rotting fruits, or, it may be, from the use of sour or fermenting beer or wine. Sometimes exposure to cold, or cold and wet, is

the immediate cause, producing a catarrh of the stomach and bowels.

When there is *vomiting* special measures may be adopted to relieve it. [See **VOMITING**.] If an error in diet is the cause it may be useful to hurry on offending matters by a dose of Rhubarb or Castor Oil, which, however, should only be taken at the commencement of the attack. If the diarrhoea still continues after the effect of the purgative should have passed off, or if the diarrhoea is not traceable to indigestible food, or is attended with much colic, an adult may take twenty or thirty grains of Aromatic Chalk powder with Opium in a little water, which may be repeated every two, three, or four hours, according to the severity of the attack. Should this not suffice it will be wise to secure medical aid. [See **COLIC**.]

The diarrhoea of *infants* is generally due to some error in diet. Over-feeding is a common cause; sourness of the food another; and the use of improper kinds of food a third. At the very outset a dose of Castor Oil may be of service, and after this, or instead of it, one grain of Grey Powder may be shaken up with six teaspoonfuls of water in a bottle, and one teaspoonful of the mixture may be given every three or four hours. If there is sickness, or if the discharges are very green, a drop of Ipecacuanha wine may be given every two or three hours. Should no improvement speedily follow, advice should be obtained, as neglect is dangerous. Alcoholics are utterly unnecessary, and to order them for young infants is quite wrong.

DIPSOMANIA : *see* **ALCOHOLIC CRAVING**.

DIZZINESS, GIDDINESS, and VERTIGO:

There are different kinds of these affections, although, for the most part, they all have a common origin. There are also different degrees of each. *Vertigo* is a term specially applicable to those cases in which the patient seems to be turning round, or things seem to be going round the patient.

Dizziness may be due to *anaemia*, or poorness of blood, and, when this is the case, time and treatment will soon effect a cure. [See **ANAEMIA**.]

In other cases it is due to *congestion of the brain*. This is generally the cause when it occurs in elderly, stout and florid persons, or those with diseased blood-vessels, and when it is caused by bending down, straining or stooping. In these cases alcohol is highly injurious, and ought especially to be avoided. Cold water sponging, either partial or in a bath, should be employed, with exercise, plenty of fresh air and light diet. Running, stooping and any violent exertion or passion should never be permitted.

If due to *heart disease* medical advice is necessary, but here, too, alcohol is a treacherous friend; sound hygiene is best in the long run.

It may be a form of *epilepsy*, which is a matter for a doctor's decision. [See **EPILEPSY**.]

It is most frequently a symptom of *indigestion*, [see **DYSPEPSIA**], and is only to be prevented by removing that cause. When occurring suddenly, a sniff of strong smelling salts may check the attack; if possible,

lower the head by stooping, sitting or lying down : a sip of cold water is sometimes enough to relieve, or the face may be bathed with cold water or flapped with a wet towel. Holding the breath will sometimes check it, or may prevent an attack when it occurs on rising from a seat.

It may be due to irritation of the bowels by *worms* or *constipation*, and nothing will cure until these causes are removed. Except in cases of heart disease, epilepsy, or threatened apoplexy, it is not a symptom of any immediately serious importance.

If caused by *overwork* of the brain it points to the absolute necessity for rest of mind ; the mental strain cannot be continued with impunity. Phosphorus has proved useful in these cases.

The giddiness from which the *aged* occasionally suffer is sometimes relieved by the use of small quantities of codliver oil.

DROWNING :

Among the directions for the treatment of the apparently drowned, issued by the Royal National Life-boat Institution, it is advised that, after natural breathing has recommenced and the patient is restored, as it were, to life, " a teaspoonful of warm water should be given, and then, if the power of swallowing has returned, small quantities of wine, warm brandy and water, or coffee should be administered. The patient should be kept in bed, and a disposition to sleep encouraged."

As the alternative of *coffee* is given, this can be adopted, but any hot fluid will do as well. Nothing of the kind, however, is actually necessary. Indeed, if a patient has arrived at the stage of being able to swallow with consciousness, the chief thing we have to fear is excess of reaction, or congestion and inflammation of some internal organ. This will be less likely to follow if alcoholic liquors are withheld. The best thing to do is to get the patient dry and wrap him in warm blankets, allowing him to drink some hot fluid occasionally. The skin is thus more likely to perspire and to relieve the internal organs, while alcoholic fluids tend to cause the blood to flow to the kidneys and to produce congestion of these organs.

In slighter cases of immersion it is a great mistake to take spirits: it is far better to walk briskly home, with extra coverings if cold, then strip, rub down quickly, and get between blankets immediately to promote warmth and perspiration.

DYSPEPSIA, *or* INDIGESTION:

The symptoms which accompany indigestion are of such almost infinite variety, and are often so peculiar, that it is impossible to give a description which shall apply to every case. Dyspepsia often also causes such terrible sensations, mental fear and despondency, that multitudes of sufferers have been led thereby to abandon their total abstinence.

Acute indigestion, or acute gastric catarrh, with severe

vomiting, pain and feverishness, may require skilled advice, but if this cannot be had, the treatment should be conducted according to the various prominent symptoms, the sections on which may be consulted.

The indigestion here treated of is the *chronic* form, which may last for months, and, like a "worm i' the bud," render life wretched to the last degree.

There are two forms, which may be broadly distinguished as chronic gastric catarrh and atonic dyspepsia.

In *Chronic Gastric Catarrh* there is a chronic inflammatory condition of the mucous membrane or lining of the stomach. There is generally some thirst, a pointed tongue, red at the tip or all over, and more or less covered with slimy epithelium; there is often pain at the chest after food, and there may be nausea or vomiting, heartburn, waterbrash, eructations, colic, diarrhoea, or constipation.

In these cases it is desirable to avoid every irritant, and to live on the blandest food: meat is to be avoided, only soups and meat broths, beef, mutton or chicken, can be permitted; even these are not necessary, and are sometimes injurious. Meals must be taken in small quantity and more frequently, at intervals of from one to three hours, as the case may require, and according to the amount taken at each. Everything should be taken cold, or nearly so. A diet of baked flour and milk, or biscuit powder and milk, is often good for a time, if milk does not disagree: a small quantity of lentil flour may be added to this, or taken with a little corn-flour, once or twice a day: or lentil soup may be made from split Egyptian lentils.

The lentil flour requires to be boiled for fifteen minutes. Pepsin, which is the active ingredient of the gastric juice, is often useful, and sometimes milk artificially digested beforehand is the only thing which can be taken. Cold water is the best beverage, and generally most agreeable, but may require to be slightly warmed to suit some persons : thin barley water, with or without lemon juice, may be taken also : vinegar often suits the same persons, and, as a home remedy, the juice of a lemon, or part of it, may be taken *after* one or two of the principal meals, with a little water and a very little sugar.

ATONIC DYSPEPSIA is, perhaps, more common, and occurs in all degrees of intensity. The symptoms which accompany it are legion, and vary greatly in different persons. The chief features in atonic dyspepsia are, deficiency in the movements of the stomach, with increased secretion of ordinary mucus, and often a reduced secretion of gastric juice, together with more or less congestion of the liver and other organs of digestion. The consequence of these alterations is that digestion proceeds too slowly ; the food remains so long in the stomach that incipient fermentation occurs : it passes from the stomach into the bowels in an incompletely digested condition ; hence it cannot be properly treated there, and causes flatulence, spasm, colic, diarrhoea, or constipation. The abnormal state of the digestive organs reacts on the mind, and deranges the whole system. Acidity and flatulence are the chief stomach symptoms, with heartburn, waterbrash, foul tongue and breath, or a pale flabby tongue, more or less coated, and sometimes

indented by the teeth. The flatulence may occasion much mental distress, pain, spasm, or uneasiness in the chest or stomach, and palpitation of the heart.

The origin of this condition is frequently to be found in improper diet, excess of food, or imperfect mastication : the stomach may be exhausted by excessive mental work, irregularity in time of meals, or by over stimulation by condiments, alcoholic liquors, bitters, or hot drinks, especially tea : or it may be due to the use of tobacco : atonic dyspepsia is more readily produced in some persons than in others. Anything which tends to reduce the *tone* of the system predisposes to it, and, on the other hand, the best means to remove and avert it are those which give real tone and energy to the body. Exhausting mental work or worry, or exhausting bodily labour, such as watching by the sick, with loss of rest ; over-suckling ; losses of blood and weakening discharges ; sedentary habits ; insufficient rest or exercise ; too warm clothing or too hot rooms by day or night ; a damp and relaxing climate ; bad sanitary conditions ; all these reduce the tone of the system.

These causes are often long in action, and the disease is chronic and persistent. Sometimes it is chronic in a slight degree, and aggravations occur now and then. Such a condition can only be slowly altered ; temporary relief may be obtained, but, if any of the above injurious influences or habits continues to act on the body, a cure is well-nigh impossible, and relapse is almost sure to occur. It is almost absurd to have to state such a truism, but it is, nevertheless, not always realized, that, if

we would *be healthy*, we must *live* healthily and *act* healthily.

In dealing with the *treatment* of this malady, it is obviously impossible to give particular advice to suit every case. Cure will rather depend upon the honesty and zeal of each individual in searching for the cause or causes of his complaint, and the resoluteness and constancy with which he endeavours to get rid of them.

Before referring, therefore, to any special remedies it will be advisable to state, somewhat broadly of course, the chief desiderata for healthy living, and, consequently, good digestion, while it must be understood that circumstances and constitution may necessitate a modification of some of them in particular cases.

I. As to **THE DWELLING**: 1. *Beware of sewer gas*, and emanations from fermenting dust heaps. There ought not to be any direct communication between the sewer and the interior of a house. The pipes from the closets and sinks should be kept separate, and should discharge into a small compartment outside the house, which is ventilated by a pipe at least two and a half inches in diameter, rising to the roof, above all windows, and at a distance from all chimneys. It will be well, also, to have a siphon trap between this ventilating compartment and the main sewer. The cistern supplying the closet should be distinct from the cistern from which water is drawn for cooking, drinking, and washing purposes. The waste pipe of the latter cistern should not communicate with the drain, but should discharge either into a gutter or over a grating, its end being bent into the shape of the letter S.

2. Ventilate, *ventilate*, **VENTILATE**. Fresh air by day and night is the best purifier ; the windows should be kept permanently open at the top for one or two inches, and draught may be effectually prevented by nailing over the aperture either a strip of muslin, which can be changed when required, or a piece of wire gauze or perforated zinc. Dust and smuts will thus be excluded also. Ellison's patent conical perforated bricks are capital contrivances for admitting fresh air without draught, and should be placed within three feet of the floor. A fireplace with the register always open, and either with a fire, or a small lamp in the chimney, is a good outlet for foul air ; or Ellison's ventilator may be used as an outlet also, in this case being placed near the ceiling.

II. As to **PERSONAL HABITS** : 1. *Food*. (a) *Avoid excess*. There is a far greater propensity to take too much food than to take too little. It is well to leave off eating with an appetite.

(b) *Diet*. Take those kinds of food which experience proves to be best. No general rule can be laid down. Some persons are better with brown bread ; others cannot take it. Exclusively vegetable and farinaceous food suits many ; some (probably from habit or temporary causes) cannot get on so well without a little animal food. In this country, however, flesh food is far too largely used, and is too highly esteemed as an article of diet. Particular vegetables or kinds of meat have to be avoided in certain cases on account of idiosyncrasy, especially salads and uncooked vegetables. Some persons can take milk ;

with others it disagrees : it often does so, however, simply because it is taken with a full meal of other things, specially of meat, and is not digested because superfluous. It sometimes agrees better when diluted with an equal quantity of water, soda water, or lime water, and is an excellent food with some farinaceous article of diet. New bread, pastry and suet puddings are to be avoided. *Condiments* should be used sparingly, if at all ; cayenne and curries are simply irritant poisons, producing sub-acute inflammation of the stomach and congestion of the liver : if often used they irritate less, but only because the stomach has become callous, as a result of which it will not respond properly to ordinary stimuli.

Avoid very *hot drinks*. Cold drinks are far more natural, and generally preferred instinctively by young children (not infants) before their tastes are vitiated. Those who suffer from dyspepsia should avoid the use of tea, especially if strong, and sometimes coffee also : cocoa is generally much better, and the thin kinds, such as cocoa-tina, essence of cocoa, or a simple infusion of the nibs are to be preferred. Much sugar is also often hurtful, by producing acidity.

Eat seldom. Three meals a day are most generally suitable : a fourth light meal may sometimes be allowed, but five or six hours should intervene between full meals. Taking only two meals a day seems to suit some best, but very much depends upon habit.

Eat slowly and masticate well : many a dyspeptic gains a new lease of life by the help of the dentist.

2. *Exercise.* This is highly important. It is often

useful to take a short sharp walk or run just before a meal, by which the whole circulation is quickened, and that of the stomach thus improved. The exercise should not be so great as to exhaust the energy of the body, especially when there is much weakness: in such cases a small quantity of Liebig's extract, beef tea or soup, may be usefully taken half an hour before the meal. Little or no exercise should be taken during the first hour after a meal. Some out-of-door exercise every day is essential to health: running and standing about indoors is not sufficient, for the body is fatigued, and the heart and circulation are enfeebled, instead of being roused and strengthened. The only legitimate way to strengthen a weak heart is to give it gradually more and more work to do by regulated exercise: muscles grow stronger only by being used. Dumb-bells are often very beneficial in strengthening and developing the chest.

3. *Washing and Bathing.* Always wash with cold water in the morning, and, as a rule, during the day, rubbing the skin well with a towel sufficiently rough. A morning sponge-bath of cold water is an excellent tonic, if reaction follows it, but if the hands are left cold and shrivelled, or the body cannot regain a glow of warmth, it may do more harm than good. A little management may, however, enable it to be taken. It should not be commenced in very cold weather, nor by weakly persons. In their case a cold wet sheet may be wrapped round them for a short time, after which the body should be well rubbed with a dry sheet. After the use of this for a few days the cold bath may be tried, the bath having

been slightly raised in temperature by adding a little hot water, but not sufficient to feel warm, say about 70° Fahrenheit. Reaction is more readily brought about if the circulation is somewhat quickened before entering the bath : to produce this the bather may exercise for a short time before bathing, either with the dumb-bells, or simply with energetic movements of the arms and legs. When the pulse is thus quickened, the bath should be entered quickly, and the sponging should only last from thirty to sixty seconds. The head should be sponged first of all. After the bath, rub briskly and dress quickly. If reaction is slow, the bather on getting out may step into a foot-bath of hot water, and stand therein while using the towels ; or, instead of the bath, may simply wash all over with a cold dripping towel. It is not desirable to wash the face and hands in cold water a second time while dressing, since this will check the reaction ; hence it is better to wash with warm water thoroughly overnight, to apply soap to the face just before getting into the bath in the morning, or to wash in tepid water an hour afterwards.

When there seems much susceptibility to bilious attacks, an occasional Turkish bath or hot air bath [see page 43] is often useful.

Treatment. When digestion of starchy food seems to be defective, which is often a cause of much flatulence, acidity and discomfort, *Maltine* is very useful. This is only required when farinaceous food is used, and should be taken just after the meal is begun. It is well adapted for those few cases in which digestion seems to be more easily and comfortably accomplished when a little beer or

ale is taken. For some of these malt liquors may contain a small quantity of undecomposed diastase, which helps to digest starch. It need hardly be said that maltine, or good extract of malt (some preparations advertised are valueless in consequence of having been made at too high a temperature) is exceedingly more powerful than any form of beer in this respect, and is perfectly harmless and unintoxicating.

Many cases which seem to be relieved by the use of beer are really benefited by the hop, or other bitter, which the ale or beer contains. *Hop tea* is a useful stomachic, and a quarter of a pint, or half that quantity, may be taken cold, either alone, or with soda or aërated water. It is made in the same way as tea, using a handful of hops to a pint of boiling water, and straining after it has stood for an hour. It will not keep long, especially in summer, but will keep better if boiled up every day: it is better, however, to make it fresh. Other tonics, as Gentian and Quassia, may be tried: Nux Vomica is also useful, two or three drops being taken before meals. Prescriptions I or II may be taken before food: or half a tumbler of Vichy water.

In some cases a glass of cold water before a meal, especially before breakfast, seems to give tone to the stomach. Sometimes a mere sip or two acts better. [See ACIDITY, ERUCTATIONS, FLATULENCE, HEARTBURN, HICCOUGH, NAUSEA, PALPITATION, VOMITING, WATERBRASH.]

EPILEPSY : *see* **FITS.****ERUCTATIONS :**

Flatulence, or wind in the stomach, often leads to belchings upwards, called eructations, and sometimes food is carried up with the wind. They are the result of dyspepsia, generally atonic, and this needs the treatment described under that head. If very troublesome they may often be relieved for a time by eating a small piece of preserved ginger, or by drinking a little hot water with a pinch of powdered ginger in it, or by a little peppermint water.

Particular kinds of food always produce eructations in certain persons, and should, of course, be avoided. Where they are chronic the use of Charcoal is often serviceable, either a small teaspoonful stirred into water, or in the form of a charcoal biscuit.

ERYSIPELAS :

Erysipelas, or St. Anthony's fire, is a spreading inflammation of the skin, and sometimes of deeper parts, with or without the formation of blisters on the surface. Some cases are caused by chill; others are produced by contagion from previous cases, especially when the person exposed to it has an open wound. Some people appear more liable to it than others, and there are also conditions of the system which predispose to an attack. A congested state of the liver, from over-eating or improper diet, is

one of these predisposing causes, and they can and should be avoided. The free use of alcoholic liquors also tends to produce an unstable condition favourable to the inception of erysipelas.

As to treatment, in simple cases, although it is wiser to have medical advice, the question of taking alcohol will scarcely arise. Flour is a very good and comforting application, and the affected part should be laid up at rest. Cooling drinks are useful, especially the cream of tartar drink. [See APPENDIX.]

In severer cases also there is no need to resort to alcohol. I have had under my care at different times several very severe cases, in all sorts of people, and under various circumstances, and good recoveries have been made on a plain farinaceous and milk diet. Even aged persons who have long indulged freely in alcoholic liquors, when suffering from an attack of erysipelas, are only benefited by immediate and complete abstinence.

EXHAUSTION : *see* PROSTRATION.

FAINTING, or SYNCOPE :

Fainting, in young or middle-aged people, is sometimes due to *heart disease*, and, if it is not known whether this cause is present or not, a medical man should be consulted to settle the point. If it is once known that there is no heart disease there need be no anxiety on future occasions, as such disease does not develope without symptoms of rheumatism, or under such circumstances

that special attention will have been drawn to the heart by which its occurrence may be discovered.

In a large majority of cases fainting occurs as a result of *indigestion*, generally accompanied by flatulence, and need not cause any alarm. The irritation in the stomach and bowels acts upon the nerves, and through them upon the heart. Sometimes it thus produces palpitation, at other times the action of the heart is depressed, or even arrested for a moment or two. In a minor degree of this depression transient giddiness may result, or loss of power over the arms or legs, or ringing in the ears, and even blindness; in a severer degree unconsciousness or fainting may ensue. Such fainting gives an opportunity to the nerves to recover themselves, of which, in these cases, they never fail to take advantage; the patient falls to the ground, and, the blood thus flowing to the head again, the heart resumes its action, and consciousness returns. If there is great susceptibility the faint may be prolonged or repeated. Pale, bloodless, anaemic people are more liable to fainting, and also to such long attacks; but red, over-fed people also suffer.

The immediate treatment is very simple: the patient should be laid at full length on the floor, on the back or right side, and any tight article of dress round either throat or waist should be loosened. A little cold water may be sprinkled on the face, or, better still, the face may be flapped with a wet handkerchief or towel. Smelling salts may be used, but are not absolutely necessary, and this applies still more to hartshorn and sal-volatile: these may, however, be used if the patient continues in a

half-fainting condition, or goes off into one faint after another. Cool fresh air is desirable, and crowding round the patient, and all excitement should be avoided.

In cases where mental causes easily produce a fainting fit, moral measures will often avert it, and a firm rebuke will send a flush to the cheek and the faint to the winds.

When the fainting is not complete, but the patient feels as if she were "going to faint," a sniff of smelling salts is a good preventive, but far simpler means are often effectual. Thus it often suffices to hold the breath as long as possible; or to bend the head forward and hang it down; or, if needful, to lie down. It will be observed that many cases of fainting in places of worship happen just after a prayer, on sitting or standing up. In such circumstances by holding the breath during the change of position, and by moving slowly, the tendency may be averted.

In the faint condition it is useful to apply cold to the face, and to lie down, but it is even more effectual to drink some hot liquid. The internal warmth relaxes the blood vessels, stimulates the heart, and often disperses wind, while the fluid sometimes dilutes irritating matters in the stomach, and renders them harmless.

If fainting occurs as a result of *haemorrhage*, special care must be taken: as is explained in that section, [*see HAEMORRHAGE*], the faint is frequently the means of stopping the bleeding, and therefore is not to be too rudely and suddenly dispelled.

FITS, or CONVULSIONS :

When a person falls down "in a fit," especially if in a public place, some sympathising individual is almost sure to recommend brandy, and it will probably be brought as a matter of course. Now it may be taken as a settled thing that in cases of convulsive fits, and in the insensibility due to apoplexy, stimulants of all kinds are more than usually injurious, and should never be given.

In an adult person "a fit" may mean *apoplexy* [see **APOPLEXY**], or it may be an *epileptic fit*, or *hysteria*, or simply *fainting*. [See **FAINTING**.]

In a child it may be *epilepsy*, or *convulsions* due to some irritation or derangement of the nervous system.

EPILEPSY : An epileptic fit in an adult can be distinguished from an hysterical attack and from fainting by the repeated spasms of the muscles ; the face and hands "work" regularly for a short time, the mouth froths, and the tongue is often bitten. In hysteria, to which, practically, only women are subject, the arms are frequently thrown about in strange attitudes, and the hands are often tightly clenched, while attempts may be made to bite the bystanders.

There is a form of epilepsy known as "petit mal," in which there are simply sudden attacks of transient insensibility ; the amount of this unconsciousness varies in different persons, and in some cases is only momentary and imperceptible to all but the patient. Transient attacks of simple giddiness are not attended with complete insensibility, and are generally more frequent and persistent.

After true and complete epileptic fits the sufferer usually lies in a more or less unconscious state (coma) for some time, and in this stage the disease may be confounded with apoplexy or syncope (fainting). A short time will generally serve to distinguish it from apoplexy, as the comatose condition will pass off, and the patient will soon be in his usual state of health. It can be distinguished from syncope (fainting) by the absence of that extreme pallor or paleness which accompanies the fainting attack, and by the good condition of the pulse ; if there is foam, and especially bloody foam, about the mouth, this also will signify epilepsy.

Whether the fit be apoplexy or epilepsy all alcoholics are extremely bad, both at the time and afterwards. Alcohol, "the genius of degeneration," is the chief cause of apoplexy, and is also a cause of epilepsy, especially when taken in the form of beer. It diminishes the tone of the arteries or blood-vessels, and thus tends to cause, aggravate and maintain a congested state of the capillaries throughout the whole body. In the treatment of epilepsy, therefore, neither alcohol nor any so-called substitute ought to be given.

In the *convulsions of children* alcohol is equally injurious. There is reason to believe that the alcoholized milk of some mothers and nurses has been the cause of convulsions in many cases ; the children of total abstainers of some standing are rarely, if ever, subject to them.

Fits are more common in infants about the period of teething ; the irritation of the teeth produces a more excitable state of the nervous system, and then even a

trifling cause may bring on a fit. Improper feeding is also a common cause ; indigestible substances given to infants or young children will often induce an attack. Whether children should eat meat at all may be an open question, but there is no doubt whatever that meat should never be given before all the milk teeth have been cut, that is, before two-and-a-half or three years of age.

It is impossible to speak too decidedly against the use of alcohol in these cases, either at the time of the fit or during the intervals. Medical advice is needful, but experience will show the wisdom of resolute abstinence from all alcoholic liquors.

In any case it is perfectly safe to place the child in a warm bath containing mustard, keeping a cold wet cloth on the head, and carefully guarding against chills afterwards. If indigestion is the cause, a little castor oil should be given ; inflamed gums, irritated by the teeth, should be lanced.

FLATULENCE :

Few people are unacquainted with this troublesome affection. It arises chiefly from changes occurring in the food during digestion, but wind may be evolved in some way or other from the bowels or their secretions, as it is often present during long fasting. It may arise in the stomach soon after food has been taken, or may be due to air swallowed with the food or drink ; it often then escapes upwards, causing eructations. [See **ERUCTATIONS.**] Or it may be produced towards the end of

stomach digestion and escape in a similar way, or be propelled onwards into the bowels. In the stomach it often leads to unpleasant rumblings and gurglings, to spasms, to pain or oppression of the chest, to shortness of breath, and to palpitation. Or the flatulence may originate in the bowels at a later stage of the digestive process; it is much more common in the large bowel, or colon, than in the small bowel, and gives rise to colic, spasms and the passage of wind downwards. If the wind so passed is without smell it is probably produced from indigested farinaceous food, if offensive, probably from animal food, but onions and garlic often give rise to flatus smelling of rotten eggs. It is a common accompaniment of diarrhœa.

Many uneasy sensations or pains, even in distant parts of the body, from the crown of the head to the sole of the foot, are due to flatulence in the bowels. A very common pain thus produced is a stitch in the upper part of the chest between the ribs, which catches with every breath, and may render the spot tender when touched; it will often disappear suddenly with the movement of the flatus. Asthma, cramp, depression of spirits, fainting, giddiness, hiccough, muscular trembling, prostration, sinking sensations and sleeplessness are all frequently due to the same cause.

When there is much flatulence the diet needs careful attention, and if much vegetable or animal food is being taken it will be well to diminish the quantity and to watch the effect. Tea and other very hot drinks are often a cause of flatulence and have to be abandoned.

As remedies, five or ten grains of Vegetable Charcoal may be taken in a little water shortly before the attack generally comes on. Charcoal biscuits, maltine, pancreatin and preparations containing it, with hop or other bitters, are often useful in one class of cases ; or pepsin and lemon juice, or other acids, in another. A small dose of Milk of Sulphur daily before breakfast is sometimes of service. During an attack Dinneford's fluid magnesia, or a teaspoonful of Calcined Magnesia in water, may be taken, especially if accompanied by heartburn : or a dose or two of Prescriptions I, II, III, IV or V will disperse it. Frequent sips of Chamomile tea often give relief.

FLOODING: *see* HAEMORRHAGE.

GIDDINESS: *see* DIZZINESS.

HAEMORRHAGE, or BLEEDING.

Blood may escape from many different organs, and into several cavities of the body, or may come from some wound. The treatment of all these different haemorrhages does not come within the scope of this book : the subject is here introduced chiefly to caution against the use of so-called stimulants. When it results, without injury, from congestion of some organ, it is because the blood-vessels are in a relaxed condition and too full of blood. After bleeding from any cause has lasted for some time, a feeling of faintness comes on, or the person may faint quite away.

When this happens the blood-vessels (small arteries) always contract, and so stop the bleeding for a time. While it is thus arrested the blood round the openings in the blood-vessels, or wound, has an opportunity to clot, and thus to seal up the bleeding points, so that, when the faint passes off and the blood returns to the part, no more is able to escape. Time is necessary, of course, for this clotting to take place. If, therefore, the faint is dispelled too quickly and the blood-vessels are relaxed by alcohol, or the heart aroused to energetic action by any remedy, the haemorrhage may re-commence, and may prove fatal. Quiet, the application of cold, pressure, the elevation of the bleeding wound where possible, and the absence of stimulants are the cardinal points of treatment in most cases.

Where haemorrhage threatens to be fatal from its excess or long continuance, and when fainting is very intense or protracted, and perhaps accompanied by convulsions, the treatment becomes a serious question. Is it advisable still to withhold alcohol in every form? It certainly is; for all recoverable cases (and it must be remembered that some die notwithstanding the use of wine and brandy) can be more surely saved by other means: in fact, recovery is more probable without it, and is not attended with so much fever of reaction afterwards. It is often remarkable how cool and comfortable patients are after the severest haemorrhages when no alcohol has been used in their treatment.

If, then, it seems absolutely necessary to rouse a person out of a dead faint, what can be done? Swallowing is here out of the question, lest the patient choke. The head

must be laid low and the face and chest flapped with a cold wet cloth, or alternately with the application of hot wet cloths: smelling salts may be applied to the nose. Magneto-electricity, if at hand, may be applied with one conductor at the back of the neck and the other over the heart.

When a faint has been recovered from but the hæmorrhage continues so much that it is feared another faint may occur, and, perhaps, be fatal, it may be warded off by drinking any hot liquid: if Liebig's extract of meat or strong beef tea is at hand and can be given hot, there is nothing better.

Bleeding from the nose is often due to congestion of the liver, and, if not excessive, is often beneficial. Should it need to be checked, bathe the face with cold water, and if necessary, bend the face down and pinch the nose for a few minutes. Or the nose may be syringed internally with cold (iced) water, or with alum and water. If still intractable, surgical aid is required.

In hæmorrhage occurring *after labour* the same principles hold good. Such hæmorrhage is less likely to occur in total abstainers, and is in them more controllable. A strong bandage over hips and abdomen is very valuable, and over the abdomen there should also be a firm pad, such as a book wrapped in diapers. The sudden application of a cold wet diaper is very useful, and, when flooding has occurred after a previous labour, a dose of ergot should always be taken at the proper time as a preventive. If these means do not avail, and the loss seems serious, the bandage should be removed and the lower part of the

abdomen be grasped and kneaded while the doctor is being fetched. Cold beef-tea or Liebig's extract may in these cases be given in anticipation, as it will not excite the circulation while maintaining the strength. Trifling faints or faint sensations are really beneficial, as has been explained, and the patient should be thankful for them, and not alarmed, nor be too hasty in endeavouring to get rid of them. If the haemorrhage is so great that fainting occurs again and again the safest remedy is hot fluid, milk and hot water, or even sugar and water, as hot as can be drunk, and taken as quickly as the patient may be able to swallow. If vomiting is produced, so much the better, as the haemorrhage will then cease, at least for a time, giving the patient an opportunity to recover. The greatest quiet should be observed, and no movement permitted. An injection of hot water, or hot alum and water, to the source of the haemorrhage may be given, but any further treatment required must be pursued under medical direction.

HEART DISEASE:

I trench here on a delicate subject, because, when there is real disease of the heart, medical advice will, of course, have been obtained, and very probably a doctor may have said that some alcoholic liquor is essential. There are, also, several different forms of heart disease which require altogether different treatment, and only a medical man can tell the difference, or appreciate the necessity for the particular treatment required. But it may be pointed out that alcohol is utterly unable to "strengthen"

the heart, or give tone to the blood-vessels or to the system at large. The alteration in the pulse due to alcohol is chiefly due to its paralysing action on the blood-vessels, and when they are too contracted and thereby cause the weakened heart to labour too much, the alcohol will give relief for the time being. But we have in *nitrite of amyl*, for which we are indebted to Dr. Richardson, a fluid which will act more quickly and more powerfully: but this must not be employed without medical direction. It is very useful in cases of *angina pectoris*, or *breast pang*, but is rarely required in the majority of cases of heart disease, in which the valves are diseased. The paralysing action of alcohol is not generally produced by less than half a wineglassful of brandy or whisky, or twice that quantity of wine, and often much more is required. The relief to uneasy sensations which much smaller quantities sometimes produce is due to their anaesthetic or benumbing action, by which the nerves of the patient are rendered less sensible, although the danger is by no means diminished.

I have stated in the section on Flatulence that this will interfere with the action of a heart whose structure is healthy: it is not surprising, therefore, that the heart is still more susceptible when diseased in certain ways. Many uneasy sensations are thus produced which may be relieved by suitable treatment directed to the stomach. The only sensible way to avert the evil consequences of heart disease is to strengthen the heart, and that is to be done by strengthening the body generally. The amount of exercise, the kind of baths, &c., which should be taken,

have to be modified in accordance with the nature of the case, but if these natural health-giving measures cannot be employed nothing is an effectual substitute. General tonics, and digitalis in particular, are useful in the appropriate cases, even when fresh air and graduated exercise are beyond reach, and more useful in conjunction with them.

Weak, or feeble heart. This is a very common complaint, if we may judge from the statement of multitudes, and is as common a cause of resort to alcoholic liquors as "Timothy's stomach." If there is no organic disease, if the valves of the heart are healthy and act properly, all anxiety on this point may be entirely banished. The slow pulse, the feeble pulse, the cold feet, the want of energy, these are not to be got rid of by such a mere temporary agent as alcohol, even if relief can be thus obtained from day to day. The constant application of alcohol to the tissues of the body alters them gradually by its chemical action. In addition to this, the balance of the nervous system is altered, an unnatural condition is produced, and the unhappy patient becomes more liable to disease and more easily succumbs when attacked.

Many of these "feeble hearts," being interpreted, mean too little exercise, very often, also, too much, or improper, food and drink. [See **DYSPEPSIA**.]

The best remedies are cold sponging (according to the season); avoidance of coddling; plain, wholesome food; abstinence from tea, hot drinks and condiments; regular out-of-doors exercise, and all similar true *tonic* measures.

HEARTBURN, *or* PYROSIS :

This is a symptom of indigestion : a hot scraping sensation suddenly occurs in the throat, at the root of the tongue, and sometimes right down the gullet : it is often accompanied by the rising of fluid or oily matter from the stomach. It is more common after rich articles of diet, such as pork, pastry and butter. The best remedy is to take a teaspoonful of Fluid Magnesia, of Calcined Magnesia, or Prescription I. Vegetable Charcoal, five or ten grains, or a Charcoal Biscuit, before the food, may be tried when the heartburn recurs daily. [See **DYSPEPSIA.**]

HICCOUGH, *or* HICCUP :

This is generally a transient affair, and is a spasm of the midriff, (which is the muscular partition separating the organs in the chest from those in the abdomen), chiefly produced by some error in diet or mode of eating. It may, however, persist for a long time and prove very disagreeable. It may often be cured by holding the breath, by which the midriff is kept motionless for a time. A small teaspoonful of mustard in a little hot water is sometimes effectual, or the hot water by itself, or shaken up with a drop or two of Essence of Peppermint. When it occurs in hysterical or nervous subjects it may be stopped by dashing cold water into the face, or suddenly thumping the back.

HYSTERIA :

It is not within the scope of this book to describe all the thousand vagaries of this complaint. The *hysterical fit* has been already alluded to [*see FITS*], and it has been pointed out that it may be distinguished from other kinds of fits by the irregularity, and often apparent purpose and violence of the movements ; the patient struggles, throws herself about, and may even attempt to injure someone near her.

In hysteria the highest powers of the mind are not in a natural condition ; the judgment is warped and often weakened, and the power of self-control is diminished or misdirected. In such a condition our aim must be to restore confidence and self-control, and to rouse the will to action. Now alcohol is an agent which, as soon as it affects the mind at all, lessens self-control and perverts the judgment, and therefore it is of all things to be avoided.

During the fit cold water is to be dashed in the face somewhat unceremoniously, and a tone of command adopted rather than of sympathy. In the intervals the system is to be invigorated by cold bathing, exercise, cheerful and constant occupation, change of air, early hours, absence of excitement, and all those measures which develop the powers of mind and body, carefully adapting them to each particular case. Medicinal tonics, of an unstimulating, or, rather, unparalysing kind, will often assist in restoring the equilibrium of the nerves. Asafoetida pills in five grain doses are useful ; but if pills cannot be taken a mixture can be substituted, as Prescrip-

tion VI. Should pallor or monthly irregularity be present, these require special treatment. [*See* **ANAEMIA and MENSTRUATION.**]

INDIGESTION : *see* **DYSPEPSIA.**

INFLUENZA :

True influenza is an epidemic complaint which does not often make its appearance. The attack which is frequently called influenza, or "an influenza cold," is nothing more than a severe catarrh. This is also contagious in varying degree. The epidemic disease demands medical advice, stimulants, however, being unnecessary. The catarrhal disease, is to be treated as an ordinary cold. [*See* **CATARRH.**]

LABOUR :

It is one of the greatest mistakes to make use of alcoholic beverages to "keep up the strength" during labour. It is, of course, impossible to predict at the commencement how long the labour will last ; if, then, brandy, or other similar drink, is resorted to early, it acts most injuriously. The desire for food is often entirely removed ; the demand of the system being therefore unperceived, and so not supplied, a state of weakness and prostration is in time produced, if the labour should be protracted, which may be really serious. The nervous system becomes exhausted by the repeated action of the alcohol. If a fatal result is not occasioned, yet the prostration of

body and mind for some time after delivery is always aggravated, and convalescence is thereby retarded. Alcoholic drinks, while thus deceiving the patient, produce also paralysis and congestion of the blood-vessels, and in this way largely increase the liability to flooding after the labour is over. Even when not actually taken at the time it has been found that the atonic or relaxed state of the blood-vessels and system generally, which alcohol produces under prolonged use, greatly predisposes to haemorrhage on these occasions, and that this is less frequent among abstainers.

Alcohol also increases the liability to a feverish condition, and thus retards convalescence in another way.

It is necessary to take small quantities of plain and nourishing food at regular intervals, and nothing is of greater value than oatmeal, with or without milk: if much preferred, any other farinaceous food may be substituted: one egg may be taken beaten up, or lightly boiled, in the course of twelve hours. If there is much prostration the various meat extracts, or strong (not very gelatinous) beef tea, are of great value. The too frequent use of hot strong tea is to be deprecated; there is no nourishment in the tea itself, but simply that which the milk and sugar supply. Tea also tends to produce flatulence and to prevent sleep.

After the labour is over, the best restorative is a cup of warm beef tea, or an egg beaten up in warm milk, or a cup of warm gruel or corn flour. Rest and absence of excitement and worry are essential, and alcohol is specially injurious.

For flooding, *see* **HAEMORRHAGE.**

LACTATION.

It is a popular notion that stimulants of some kind, and more especially stout, are necessary during suckling. This is a very great and injurious error. Thousands, nay, millions of women have suckled their infants successfully without any alcoholic liquors. The lower animals furnish milk in abundance without alcohol. Let us glance at some of the causes of deficiency of breast milk.

1. *Special inaptitude.* The amount and quality of milk varies considerably in different women, just as it does in cows and other animals. There will always be a certain number, therefore, who never can and never ought to nurse.

2. *Debility of constitution.* In the majority of such cases the deficiency of milk is a blessing, partly because a drain on the system is avoided, and partly because the milk, even if abundant, would not be of standard quality, nor able to supply the infant with all it requires for healthy growth. In these cases, therefore, it is generally better, both for mother and child, to listen to the warning of nature rather than to spur it on to an unnatural effort by stimulating artificial drugs. Each case must, however, be considered by itself, and there are slight degrees of delicacy in which a trial may be made of true tonics, and especially of oily foods, to combat it, and afford an increased amount of suitable material for the construction of milk. Milk itself should be taken as a food, codliver oil also, if required, and if agreeing, either in its usual form or emulsified. Kepler's malt extract with codliver oil is a useful preparation.

3. *Over-suckling.* Nursing may be continued too long, or the demands of the child, though capable of supply at first, may after some time prove too great a drain upon the mother. Ill-health, setting in from this or some other cause, the quantity and quality of the milk are thereby diminished. In these cases the tone of the system needs to be improved; fresh air, exercise, cold sponging and other bracing measures should be employed. As to medicine, the most valuable results can be obtained from Tincture of Bark, five or ten drops of which may be taken two or three times a day. But, *if there is not speedy improvement* in the general health, nursing should be abandoned, lest the seeds of future disease should be sown.

4. *Defective Appetite.* This will prevent sufficient food from being taken, and so cause deficiency. In such cases, the beer, often resorted to, does sometimes increase the appetite by reason of the hop or other bitter which it contains, apart altogether from its alcohol. Those who wish to avoid the use of beer can obtain all its appetising effects from other articles, such as Hop tea, taken with or without aërated water, or infusion of Quassia or Gentian, or by chewing a small piece of Rhubarb, or by Tincture of Bark.

5. *Indigestion.* This may be due to various unavoidable causes, or it may simply be the result of overloading the stomach, under the idea that the more food that is taken the more milk will be produced. This is a great mistake, and when indigestion occurs, especially in stout persons who have little out-door exercise, it is often useful

to reduce the quantity of food, to take more exercise, and, if required, to take three or four drops of Tincture of Nux Vomica before meals.

But there are also some cases where food, and especially farinaceous or starchy food, does not seem to be properly digested and absorbed into the system, so that the breasts are not supplied with suitable nourishment. In such cases, also, some kinds of beer occasionally seem to be of use, namely, those which may chance to contain a small quantity of unchanged malt-extract. Under such circumstances a far more powerful influence can be exerted by means of pure extract of malt, of which there are several preparations. *Maltine* is a very good kind, and this may be taken just at the beginning of every meal at which any starchy food (such as bread, potatoes, &c.) is eaten. Any other special form of indigestion may require special treatment. [*See DYSPEPSIA.*]

It ought to be remembered that when alcoholic drinks, as such, excite a greater secretion of milk, it is due to the irritation of the gland by the alcoholic blood. Some of the alcohol is removed from the body in the milk, and thus alcoholic milk is given to the infant. Such milk is quite unsuitable for the tender structures of the child, and must, if continually given, cause more or less injury to the constitution. Such milk, too, will often derange the digestion and lead to acidity, sickness, colic, diarrhoea, disturbed sleep, and even fits, all these ceasing soon after the mother has left off the alcoholic beverage. Cows that are largely fed on brewer's grains produce a deteriorated milk, to which many ailments, especially in

children, owe their origin ; and if a cow were only able to supply milk by being continually dosed with gin, common sense will convince the most sceptical that such milk would be highly undesirable as food. Yet in the human species a similar forcing plan is considered indispensable by numbers, and alcoholic liquors are supposed to be required by every nursing mother, even when milk is secreted in ample quantity on an unalcoholic regimen !

There can be no question whatever but that plain unstimulating food in proper quantities is the best diet for a nursing mother. All the elements from which milk is formed are, it is clear, contained in milk, and a pint or two of this, in addition to the regular diet, is all that is really required. If this does not agree, or if more is required, very thin corn-flour, pearl barley, or oatmeal and milk is the best drink, and this should be taken with the meals. It is a mistake to be taking gruel and other things *between* the other meals, as the proper course of digestion is interfered with, and the stomach soon refuses to do its work properly. This is the cause in many cases of the falling off of the quantity of the milk after the first month or two. Should more fluid be needed the only thing which should be taken between the meals is a little plain water, or toast and water.

MENSTRUATION, DISORDERS OF :

This may be absent, excessive, irregular or painful.

If *absent*, it may be simply *delayed*, that is, not occurring at the usual age. In this case there need be no

alarm while the general health keeps good. If it begins to fail, similar treatment will be required to that about to be described.

It may be *absent*, that is, not recurring. This may arise from natural causes, or as the result of a chill or fright. Such a check is more common in the young, and does not need any treatment for a few weeks beyond extra care and warmth, and a warm hip-bath, or mustard foot-bath, if there is any sign of its return. If this remedy is ineffectual, and should the health become affected, so that the face is pale, the breath short, and the whole strength enfeebled, then constitutional treatment is necessary. A course of Steel is often of great service and may be combined with Myrrh, in five drop doses of the tincture, or with ten drops of Paregoric. It is not desirable to use gin for the purpose of forcing it on, but five drops of Oil of Juniper may be taken on a lump of sugar at a time, when there seems some prospect of a return of the period. The clothing should be of warm flannel, especially round the hips, at night as well as by day, during the time at which the discharge appears or ought to appear. [See **ANAEMIA**.]

If *excessive*, stimulants are certainly to be avoided, and should it not soon stop, or recur again and again, medical aid should be obtained.

If *irregular* in time, care is much required in order to avoid repression by a chill, or over-excitement by too much exertion. A course of Steel is often useful, sometimes with the addition of a grain of Quinine with each dose.

If *painful*, the treatment must depend on the severity and constancy of the pain. It is better, if pain is very great, to obtain professional advice, especially if the pain is unusual or much worse than usual. If, however, pain is present on every occasion and the discharge not over abundant, a warm hip-bath at the commencement may give relief, and should be used just before going to bed, wrapping up warmly afterwards. Five drops of Oil of Juniper or of Spirit of Camphor may be taken on sugar. If the pain is very severe, one grain of Opium may be taken at this time. If there is constipation, an enema of hot water may be of use, or an enema of an ounce of Spirit of Turpentine shaken up with two ounces of gruel. In some cases congestion is the cause of the pain, and then nothing relieves better than five or ten drops of Tincture of Belladonna every four hours, with rest in bed.

MUSCULAR TREMBLING, *or* WEAKNESS :

This may be the result of some debilitating illness from which the patient is suffering or recovering ; then, of course, the disease will require treatment, or the debility, as the case may be. But it is often due to indigestion, especially when it comes and goes somewhat suddenly, lasting a variable time. For treatment, see the sections on **DEBILITY** and **DYSPEPSIA**.

NAUSEA :

A feeling of sickness is not uncommonly due to *indigestion* [*see* **DYSPEPSIA**.] If it is caused by rich

food take a pinch of Bicarbonate of Soda in a little water, or a teaspoonful of Dinneford's Fluid Magnesia, or a dose or two of Prescription I. The acidity of the food will thus be neutralized, and this course is far preferable to benumbing the stomach with brandy.

Sometimes a slight collection of *wind* in the stomach will create this sensation, which may be removed by a sip of aërated water, or even of plain water, hot or cold. If indigestion is the cause it is often salutary to miss one or two meals, so as to allow the stomach to recover itself.

When due to *pregnancy*, a little aërated water or soda-water is useful: sometimes a small dry biscuit or crust, eaten before moving to rise in the morning, will check it. Occasional one-drop doses of Ipecacuanha wine are useful.

The nausea which accompanies the passage of a *stone* will require medical treatment. But here mustard poultices or the application of hot water will prove useful. The feeling of sickness is attended with relaxation of muscular spasm, and this is necessary for the passage of the stone: at one time tartar emetic used to be given to produce this relaxation, but now chloroform is inhaled under medical supervision. Ten or fifteen grains of Chloral may, however, be taken if medical advice cannot be had, and be repeated twice only at intervals of one hour. Or an Opium pill, containing one grain, may be administered and repeated in the same way if there is much pain until three have been taken.

NEURALGIA :

The parts most commonly affected are those supplied by what is called the fifth nerve, namely, the temple, face and side of the neck. Its causes and forms are various, and it does not come within the scope of this work to give a complete description of them. In the majority of cases neuralgia is caused by a chill, but not seldom it proceeds from some decayed tooth. In the latter case, general remedies, while sometimes relieving for a time, for the most part fail to cure ; the tooth must be attended to, and even extracted if necessary.

There is no complaint, perhaps, in the treatment of which the use of port wine will be more strongly urged by kind friends, with the assurance that it is impossible to get well without it. This is quite untrue, as thousands can testify.

In most cases it will be well for an adult to take one or two grains of Quinine, every three or four hours, in a little Syrup of Orange : this may be continued for two or three days, if required, being desisted from if roaring in the ears is produced. This remedy will be most effectual when the pain comes on every day at a regular hour, and after a longer or shorter time goes off altogether. If this is not effectual an *external* application may be tried, consisting of equal parts of Tincture of Aconite, Tincture of Belladonna and Chloroform (Label *Poison*) shaken together and painted on the painful spots, two or three coatings every two or three hours.

NURSING : see LACTATION.**OUTGROWING THE STRENGTH :**

There is sometimes debility or weakness in rapidly-growing boys and girls which is attributed to this cause. It is more frequently seen in large towns, and in children exposed to bad sanitary conditions, especially to impure air at night and sedentary occupations in stuffy rooms by day. It is popularly supposed that port wine or beer is the great remedy ; but nothing can be worse. It is true that gin given to puppies continuously will keep them small, but no one would advocate the amount of spirit required in proportion by a lad or girl to produce the same effect. If the growth could be checked by chemicals it would be most injurious to do so.

In the *treatment* of such cases fresh air by day and night is essential : cold sponging, especially if there is a liability to catch cold, followed by friction with a rough towel ; it may be enough to commence with simple sponging of the face and arms two or three times a day. Exercise is of course desirable. As medicines, Codliver Oil may be taken, one or two teaspoonfuls once, twice or three times a day ; if this disagrees it may be taken in the form of emulsion, or as Kepler's Malt Extract and codliver oil. Milk or cream is also good. Parrish's Chemical food is of much use ; also Hypophosphite of Lime in five-grain doses.

PAIN AFTER FOOD :

This symptom is present in several varieties of indi-

gestion. It may occur in acute or chronic gastric catarrh, or in a neuralgic or oversensitive condition of the stomach, or in ulcer or cancer of that organ. In all these it comes on soon after food has been swallowed ; but if occurring a long time after a meal it is probably due to atonic dyspepsia. Alcohol will undoubtedly sometimes relieve this kind of pain by deadening the nerves of the stomach so that the pain is not felt so much ; but this effect soon passes off, and if the cause of the malady is not removed by other means, increasing quantities of alcohol will be required to bring about the relief. Many cases of drink-craving have originated in this way. Medical aid will generally be required, but one or two remedies may be tried. A small mustard poultice over the pit of the stomach is often useful, especially in the inflammatory cases : while five or ten grains of Carbonate of Bismuth will reduce the sensitiveness of the mucous membrane. Food should be fluid or semifluid and digestible.

For the pain which occurs at a late stage of digestion Charcoal may be taken, or Prescriptions I, II, III, IV, V or X. Ginger tea or Peppermint water may serve to disperse the wind. [See **DYSPEPSIA.**]

PALPITATION :

In the strong and healthy the heart's movements are not felt unless after great exertion or excitement : weak and nervous people suffer more easily. When palpitation is brought on by the least excitement, or comes on without

apparent cause, there must be something wrong. If there is no disease of the heart, (and in the great majority of cases there is not), it is generally due to indigestion, and is more likely to occur when there is a good deal of flatulence. The drinking of hot fluids, especially strong tea, greatly predisposes to it: so also do the use of tobacco and overwork. Tea should be abandoned, at all events for a time, and thin cocoa, weak coffee or milk and water may be taken instead.

At the time of the attack a little warm ginger tea or peppermint water may be taken, with five or ten drops of Hartshorn, or Prescriptions I, II or VI. All tight clothes should be loosened, and hot flannels may be applied over the region of the heart. If due to overwork or general debility, rest and tonics are required. [*See DEBILITY.*] When due to heart disease there is generally a history of rheumatic fever. It is more common in men from this cause than in women. Medical advice is needful.

POORNESS OF BLOOD: *see* ANAEMIA.

PROSTRATION:

Weakly persons sometimes experience a feeling of great exhaustion after some unusual exertion, or long-continued fatigue, or want of rest. This occurs more readily in hot weather, and may be aggravated by unwise abstinence from food. In such cases *rest* is important, together with some light nourishment. A cup of hot beef tea or Liebig's extract will quickly revive the patient, but a

biscuit or small quantity of warm milk will often do as well. The face and hands should be bathed with cold water. Smelling salts may be used, but at rare intervals, because by frequent use they lose their effect. Any effervescing drink will often greatly refresh the nerves. Tonic measures will be necessary to improve the general health.

This feeling of prostration is sometimes due to *indigestion*. [See **DEBILITY, DYSPEPSIA and MUSCULAR TREMBLING.**]

QUINSY :

This is an aggravated form of sore throat in which an abscess forms in one or both tonsils. It may be nipped in the bud sometimes by early treatment. [See **SORE THROAT.**] A cold compress to the throat is useful, and is to be applied thus :—fold a white handkerchief into a band about three inches wide, dip it in cold water, wring it out and wrap it round the neck ; then put a piece of oiled silk over it, or else a large silk handkerchief : let this remain for three or four hours, and then repeat the process : if done at night it may be allowed to remain on till morning. Milk, either warm or cold, as may be the more agreeable, is the best diet. If an abscess forms, immediate relief may often be obtained by puncture, which can only be safely made by a medical man.

RHEUMATIC FEVER :

It is not my intention to enter into details as to the

treatment of this painful complaint, since in such a disease medical advice will be required. But I would urge most strongly the desirability of avoiding every form of alcoholic liquor, from the very commencement of the disease, as affording the best chance for a speedy and safe recovery. The highest authorities are agreed on this point, but there is a lingering practice in some quarters which makes a pointed reference necessary in order to confirm the wavering.

At the onset of the disease the best treatment is that which has been recommended for **CATARRH**, taking care to sleep between blankets.

RICKETS :

This is a disease affecting the bones, chiefly of children, and is one manifestation of scrofula. It is desirable to take plain unstimulating diet, with good milk. Parrish's Chemical Food may be given ; also Hypophosphate of Lime in five or ten grain doses. [See **SCROFULA**.]

SCROFULA :

In persons inheriting a scrofulous tendency there is a liability to enlargement of the glands, most frequently those of the neck. If this occurs it is desirable to endeavour to promote the general health by every suitable means, such as fresh air, exercise, sea-bathing or sponging with salt water, good milk, &c. Codliver Oil is a capital addition to the diet, and may be taken after food in milk,

lemon syrup or lemon juice. Syrup of the Iodide of Iron is also useful, from five to thirty drops according to the age. One grain of Grey Powder every night for a week has a marked effect in reducing the swollen glands. No alcoholic liquors are required. As a subsequent tonic any preparation of Iron, such as Parrish's Chemical Food, will be found useful, and the Codliver Oil may be taken floating on it.

SEA SICKNESS :

How, in the throes of sea-sickness, is it possible to consider the question of non-alcoholic treatment? When a person has lost all interest in mortal things through *mal du mer*, it would seem almost like the refinement of cruelty to withhold brandy or anything else which might hold out a prospect of relief. So much the more needful is it to have considered the question well beforehand, and to be prepared for the emergency.

A few general rules may be of use.—Be sparing in diet for two or three days before the expected voyage. If very sensitive, take to your berth as soon as you get on board, or lie down on deck : get near the centre of the vessel and lie with your feet to the stern. Go to sleep if possible, and, as a means to that end, fifteen or twenty grains of Chloral may be taken by an adult, with a teaspoonful of Syrup of Orange in a little water. Iced water or iced soda-water may be sipped, but nothing solid should be taken at first : after a while a dry biscuit may be ventured on.

I have also been informed of another remedy, very simple and agreeable, and yet said to be marvellously effectual. It has been stated to me on good authority that if two or three apples are eaten shortly before going on board, or before rough water is encountered, sea-sickness is entirely averted. I have heard of persons who are easy victims to this complaint, encountering a stormy sea without a qualm. It certainly deserves a trial. It will be well not to partake of any other food for three or four hours before the voyage when trying this plan.

SHOCK :

When a sudden injury is done to any part of the body the effect is felt all over it through the agency of the nervous system. A paralysed arm may be crushed without any sudden shock being produced, but when the nerves are sound the injury is telegraphed to the brain and produces changes there which affect the whole body by what is called *reflex action*. The state in shock, or collapse, is similar in some respects to that which is present in fainting. As I explained in that section, the small blood-vessels suddenly contract, or the action of the heart is depressed, and the brain is thus deprived of blood : in collapse the contraction is more general, affecting the limbs and the whole of the exterior of the body, and driving the blood into the interior. It is this contraction of blood-vessels which causes the cold, pinched, and sometimes blue skin. There is great depression of the power of the voluntary nerves, in consequence of which the sympathetic nerves

have it all their own way : they almost close up the blood-vessels, and cause the heart to beat at a greatly accelerated speed, but with much diminished effect : hence the pulse is very rapid, very small, and often imperceptible. This spasm of the blood-vessels passes off by degrees, and the blood returns from the veins and the interior of the body, into which it has been squeezed, restoring once more both warmth and colour. In some cases this reaction is attended with unnatural excitement, what is called "prostration with excitement," especially if much alcohol has been administered. Reaction also may be too great, the collapse being followed by feverish symptoms. Consciousness is generally retained, if the head is uninjured, because the heart still acts, and the brain is not so bloodless as in fainting

During collapse every function is almost at a standstill ; absorption from the stomach and elsewhere is at its lowest point, because the circulation of the blood is so much interfered with. Hence much of the brandy which is so often given, and to such a wonderful amount, with very little apparent effect of intoxication, is really not absorbed at all, and is very often rejected from the stomach by vomiting when reaction does occur, if not before.

The object of *treatment* is to maintain life, if possible, until reaction occurs, and to produce that reaction by promoting moderate relaxation of the blood-vessels. The first thing to be done is to promote the return of the blood to the surface of the body, and the increase of the warmth will show when this has taken place. The patient should be wrapped up, or covered up warmly, and be put

to bed as soon as possible. The limbs may be rubbed with hot flannels, and hot water-bottles be put to the hands and feet. In some cases, also, towels wrung out of hot water may be wrapped round the head. This will do for warmth *outside*, but warmth *inside* is also very useful. Hot milk and water, hot water slightly sweetened, or with a little peppermint water in it, or even hot water by itself, should be given as soon as the patient can swallow, and as warm as can be safely drunk. Everyone knows how hot beverages will warm the skin, and even throw it into a perspiration ; they are even more powerful and rapid in producing this effect than any alcoholic liquor.

If the patient cannot swallow, an enema of hot water, or hot thin gruel, should be administered, and may be of use even in addition to hot drinks. Liebig's extract may be added to the hot water with advantage. Smelling-salts may be employed, but should be used cautiously, since there is often considerable insensibility to them, and the ammonia may set up inflammation by its caustic action without appearing to take much effect at the time.

In the vast majority of these cases, namely those which occur in connection with broken bones, falls, &c., there need not be the slightest anxiety so far as the shock is concerned ; reaction will infallibly occur in due time if the most ordinary care be taken, and will be more natural and steady if, when it occurs, the system is not embarrassed by the presence of the narcotic alcohol.

It has been explained that in the state of collapse the voluntary nervous system is more or less depressed : now alcohol, besides acting on the minute blood-vessels,

diminishes the power and activity of the nervous centres of the brain, and paralyses them progressively from the higher to the lower. Hence it is that its action is so undesirable in cases of shock or collapse.

In very severe cases medical aid will have been obtained ; but even in these I believe it to be better to avoid narcotics of all kinds, and specially alcohol, and to trust to measures such as I have already indicated. I have seen good recoveries from profound collapse under this treatment, so that it cannot be said that alcohol is absolutely necessary, and many more medical men would be as sceptical as I am of its value if they would but give nature an opportunity of showing how well she can do without it.

In certain cases which resist ordinary measures it might be of use, under medical supervision, to employ Nitrite of Amyle, an agent which promptly dilates the blood-vessels, and would thus tend to restore the balance of the circulation. But this is a dangerous drug, only to be used with the greatest possible caution by skilled hands.

If anyone must and will use alcohol, it can be given in the shape of pure Spirits of Wine in sweetened water, or as Sal-volatile : both these are about twice the usual alcoholic strength of brandy.

SINKING SENSATIONS :

I refer to those indefinite feelings of emptiness or "goneness" in the region of the stomach which some people (especially ladies) feel about eleven o'clock in the

morning, and often at other times also. When these are not due to the practice of using some "pick-me-up" or other, they are the result of indigestion. Many feel them for a short time after giving up the use of alcoholic liquors, and they may be compared to the sensation of cramp felt in the leg when the nerve has been pressed on and is "coming to." A sip of cold water or a mouthful of dry biscuit will often stave off this feeling, and it will soon cease to appear with proper perseverance in abstaining.

When purely the result of indigestion, an antacid draught is often useful, such as a little Magnesia with aërated water or Fluid Magnesia, or a pinch of Bicarbonate of Soda, or Prescriptions I, II, III or IV. [*See DYSPEPSIA.*]

SLEEPLESSNESS :

The fortunate individuals who do not know the meaning of sleeplessness are but few. There are different degrees and kinds of sleeplessness as well as different causes. It must be remembered that sleep is a condition in which the higher centres, the willing, perceiving, and thinking part of the brain, lose for a time their activity or irritability, and no longer respond to the ordinary currents of nerve force, or messages, which are sent up to them from every part of the body. Waking occurs when there is some stimulus or irritation sufficiently strong to produce certain changes in the brain and arouse the sleeping centres into activity. If the brain is exhausted by overwork, or want

of sleep, it is not so sensitive to these impressions, and it is more difficult to awake it. If, on the other hand, the brain is in an excited or more irritable condition, slighter exciting causes will be sufficient to produce a wakeful state.

This being understood it is easy also to see that that condition, or those circumstances, which will awake a sleeping person, will also tend to prevent the advent of sleep. Two conditions, therefore, are needful, namely, (1) a tired, exhausted, or unexcitable brain; and (2) the absence of impressions, either external or internal.

Excitement is prejudicial to sleep, and in some cases will prevent it altogether. Some persons are more liable to this form of sleeplessness than others. Thoughts crowd upon the mind and will not be dismissed. Here it may be of use to sponge the head and face with cold water in order to calm the circulation, or to put the feet into hot mustard and water: then all external impressions must be got rid of, such as light, sound, &c. Or the excitement may be met by *monotony*, for monotonous impressions tend to divert the current of thought, and to weary the brain into that condition of not taking notice, which is the precursor of sleep. Counting, repeating the alphabet or a verse slowly over and over again, listening to the ticking of a clock, or the dropping of water, act in this way. In these cases a teaspoonful or two of strong Coffee is often useful, or, if there be a flushed or beating head, five drops of Tincture of Belladonna may be taken, or twenty grains of Bromide of Potassium.

If sleep has been indulged in during the day, or there

has been insufficient exercise of body and mind, it is not surprising that sleep is apt to be difficult and light at night.

Indigestion is, perhaps, the commonest cause, and nothing can be done unless this is relieved. An undigested meal will either prevent sleep altogether, or cause it to be light and dreamy. In such cases it is generally best to avoid supper altogether. On the other hand, in some persons there is sleepiness after a meal, through the flow of blood from brain to stomach when digestion is going on. In some cases of this sort a moderate supper seems to be beneficial, and even a biscuit may suffice to induce sleep; and this can be taken in the middle of the night, if necessary, with a little cold water. It is desirable to be sure that the food consumed in the day is not too much according to the amount of work and open-air exercise.

An accumulation of wind, even without colic, may be quite enough to spoil a night's rest: if this is the case a sip of cold water may be sufficient to expel the wind and procure sleep. A little peppermint water is also effectual. [*See DYSPEPSIA.*]

There are cases where sleeplessness is due to *overwork*, or exhaustion of the brain by worry or study. In such cases rest is imperative, change of air highly beneficial, and all sleeping potions are to be specially avoided. The Hypophosphites of Iron and Lime are beneficial. Cod-liver Oil should be taken, with exercise, and to the oil small quantities of Phosphorus may be added under medical direction.

It is desirable, if possible, to keep to one regular hour

for going to sleep : the covering of the bed ought to be neither too heavy nor too light : the room should be properly ventilated : the feet should be warm before retiring, as coldness of the extremities is quite enough to banish sleep. [*See* **COLD FEET.**] About seven hours is the time which an adult requires in order to restore his healthy powers by natural sleep, but there are some exceptions in both directions. Children require more and old people rather less.

SORE NIPPLES :

During the latter months of pregnancy it is a common custom to bathe the nipples with brandy in order to harden them. This is effectual, but the brandy can be dispensed with by using strong Alum and water, or Tannin and water, taking care that the dress does not press hard upon them, so as to flatten and contract them.

If, after all, there should be any soreness on commencing to nurse, the following is a capital application :—put a pinch of alum into a little milk, and apply the curd to the nipple on a piece of rag when the infant is not at the breast.

SORE THROAT :

Port wine is often recommended as a gargle on account of its astringency. This is due to the presence of a little tannin, and where this is likely to be of service, it is much better to use a gargle of pure Tannin and water. This can be made of any strength required, but a pinch

or two in half a tumbler of water will generally suffice. Alum may be used instead. As a medicine, two or three drops of Tincture of Belladonna may be taken every two hours in water, but if speedy relief is not obtained do not delay to procure medical aid lest it should prove to be diphtheria.

SPASMS :

By this term I refer to those attacks of painful want of breath, with palpitation, or a sensation as if the heart could not beat, with oppression of the chest, and more or less agitation, hysteria, and, perhaps, unconsciousness. They nearly always occur in women, and are caused by flatulence as a result of indigestion.

During the attack, any of the Prescriptions II, III or IV may be given, or VI if these are ineffectual, or V if nothing does any good : but this last is to be avoided if possible, and not used frequently. A little hot ginger tea or peppermint water may do all that is required. If none of these are at hand, take the patient into a cool place, loosen every tight band, rub well the region of the heart and stomach, flap the face with the corner of a wet towel, and give sips of cold water. [See **FLATULENCE.**]

Spasms in the Throat. There is often a sensation as though a ball rose up in the throat, and seemed almost to choke the patient. This is another form of spasm, chiefly associated with hysteria. Assafoetida Pills (five grains) are of service here ; take one two or three times a day, or Prescription VI. [See **HYSTERIA.**]

STITCH IN THE SIDE :

If due, as commonly is the case, to flatulence, consult that section [**FLATULENCE**]. If it comes on by degrees, and is attended with fever or cough, it may be rheumatism or pleurisy, and a medical man must decide this.

VOMITING :

If there is vomiting, due to *undigested food*, and the sickness can be traced to excess or to improper diet, draughts of hot water should be taken, in order to get rid of any offending matters which the stomach may contain. After sufficient vomiting has occurred to empty the stomach, a little ice may be sucked, and two or three small pieces swallowed : if ice is not procurable, cold water may be sipped, which may, when so required, have been artificially cooled. [See **APPENDIX**.]

Soda-water, Seltzer-water, or plain Aërated water may be sipped, or a quarter of a Seidlitz powder may be taken. A small mustard poultice may be applied to the pit of the stomach : if mustard is not at hand, a flannel, folded to four thicknesses, dipped in very hot water, and wrung dry in a towel may be applied to the same region : the flannel should then be covered with a small plate, previously made very hot, taking care that the flannel is large enough to prevent the plate's coming into contact with the skin, and then a dry towel should be

pinned over all round the body ; this may be renewed every hour, or half-hour, as required. Sometimes a cold wet compress on the pit of the stomach, covered with a dry towel, is more efficacious, heat developing by reaction. Prescription I may be used.

The sickness which is due to the passage of a *gall-stone*, or stone from the kidney, may often be relieved in the same way, or by a hot bath, but generally requires further treatment. [See COLIC.] When due to *pregnancy*, medicine may also be required, if the above simple measures do not suffice. If occurring every morning and due to *excessive drinking*, two or three drops of Tincture of Nux Vomica are very useful. As medicines one may also take a teaspoonful of Dinneford's Fluid Magnesia, or a teaspoonful of Calcined Magnesia and water. [See NAUSEA and SEA-SICKNESS.]

WATERBRASH :

This is a symptom of indigestion. The mouth or throat fills suddenly with more or less water, not burning, but sometimes even feeling cold. A teaspoonful or two of Fluid Magnesia is a good remedy ; also one or two Bismuth Lozenges. But get rid of the cause. [See DYSPEPSIA.]

WHITLOW :

This is referred to because it is commonly considered to be an indication of some "lowness" of system for

which stimulants are necessary. They are certainly not required. When the whitlow first commences a good plan is to smear the finger with Extract of Belladonna, and to apply a warm bread poultice every six or eight hours. If not quickly subdued early incisions may be absolutely necessary to save the bone of the finger. Good nourishment and a change of air during convalescence are desirable.



APPENDIX.

In some of the following Prescriptions I have been compelled to order the ordinary alcoholic tinctures because they can be obtained everywhere. There are some persons, however, who would, doubtless, prefer to use preparations made without alcohol, and I have therefore obtained the assistance of Mr. W. G. PIERCE, Chemist, of Enfield, who has prepared non-alcoholic solutions of these drugs according to my directions, and is ready to supply them when ordered, on terms which may be had from him on application.

The list includes non-alcoholic solution of Ipecacuanha, as a perfect substitute for Ipecacuanha Wine, as well as the tinctures mentioned in the foregoing pages.

PRESCRIPTIONS.

I. ALKALINE MIXTURE.

Bicarbonate of Soda	...	...	two drachms,
Carbonate of Ammonia	...	...	one drachm,
Chloroform Water	...	...	one fluid ounce,
Pure Water, to make	...	...	six fluid ounces.

(Peppermint Water or Cinnamon Water may take the place of pure water.)

Dose : a sixth part before meals as required.

II. AMMONIA MIXTURE, No. 1.

Carbonate of Ammonia	...	...	two drachms,
Chloroform Water	...	...	one fluid ounce,
Pure Water, to make	...	...	six fluid ounces.

Dose : one tablespoonful.

III. AMMONIA MIXTURE, No. 2.

Carbonate of Ammonia	...	...	two drachms,
Syrup of Ginger	...	...	one fluid ounce,
Chloroform Water	...	...	one fluid ounce,
Pure Water, to make	...	...	six fluid ounces.

Dose : one tablespoonful.

IV. AMMONIA MIXTURE, No. 3.

Carbonate of Ammonia	...	...	two drachms,
Essence of Caraways or Cloves	...	...	five drops,
Chloroform Water	...	...	one fluid ounce,
Pure Water, to make	...	...	six fluid ounces.

Dose : one tablespoonful.

V. AMMONIA AND ETHER MIXTURE.

Carbonate of Ammonia	...	...	two drachms,
Spirits of Ether	...	...	two fluid drachms,
Essence of Caraways or Cloves	...	...	five drops,
Chloroform Water	...	...	one fluid ounce,
Pure Water, to make	...	...	six fluid ounces.

Dose : one tablespoonful.

VI. ANTISPASMODIC MIXTURE.

Tincture of Valerian	..	...	two fluid drachms,
Tincture of Assafoetida	...	...	one fluid drachm,
Chloroform Water	...	...	one fluid ounce,
Camphor Water, to make	...	...	six fluid ounces.

Dose : one or two tablespoonfuls every four hours.

VII. CARMINATIVE MIXTURE, No. 1.

Paregoric	...	...	one fluid drachm,
Chloroform Water	...	...	two fluid drachms,
Pure Water, to make	...	...	two fluid ounces.

Dose for an infant from three to nine months old : one teaspoonful every two to four hours if required.

VIII. CARMINATIVE MIXTURE, No. 2.

Tincture of Opium	...	...	half a fluid drachm,
Chloroform Water	...	...	one fluid ounce,
Cinnamon Water	...	...	two fluid ounces,
Pure Water, to make	...	...	six fluid ounces.

Dose for a child from one to two years old, two teaspoonfuls : from two to four years old, three teaspoonfuls : above four years old, one tablespoonful.

IX. CARMINATIVE MIXTURE, No. 3.

Bicarbonate of Soda	...	...	half a drachm,
Carbonate of Ammonia	...	...	half a drachm,
Chloroform Water	...	...	one fluid ounce,
Cinnamon Water, to make	...	...	four fluid ounces.

Dose for an infant, one teaspoonful every hour or two, if required.

X. CARMINATIVE MIXTURE, No. 4.

Bicarbonate of Soda	...	...	one drachm,
Carbonate of Ammonia	...	...	one drachm,
Powdered Ginger	...	...	half a drachm,
Chloroform Water	...	one and a half fluid ounces,	
Cinnamon Water, to make	...	six fluid ounces.	

Dose for a youth or adult, two tablespoonfuls : for a child from seven to fourteen years, one tablespoonful : for a child from two to seven, two or three teaspoonfuls every hour or two as required.

XI. STEEL MIXTURE.

Sulphate of Iron	...	...	ten grains,
Epsom Salts	...	...	one drachm,
Chloroform Water	...	...	one fluid ounce,
Pure Water (or Peppermint Water)			
to make...	...	...	six fluid ounces.

Dose : one or two tablespoonfuls three times a day.

XII. STEEL AND NUX VOMICA MIXTURE.

Weaker Solution of Perchloride of

Iron	...	...	one and a half fluid drachms,
Tincture of Nux Vomica	...	...	half a fluid drachm,
Pure Water, to make	...	...	six fluid ounces.

Dose : a sixth part two or three times a day.

XIII. BITTER LAXATIVE MIXTURE.

Epsom Salts	...	...	one ounce,
Infusion of Quassia or Gentian	...	...	eight fluid ounces.

Dose : one or two tablespoonfuls thrice a day. (This mixture will not keep unless shaken up well with fifteen drops of Chloroform.)

XIV. STOMACHIC MIXTURE.

Tincture of Capsicums	...	...	one fluid drachm,
Chloroform Water	...	...	one fluid ounce,
Pure Water, to make	...	...	six fluid ounces.

Dose : a sixth part.

XV. EFFERVESCENT MIXTURE.

Bicarbonate of Potash	...	...	two drachms,
Chloroform Water	...	...	one fluid ounce,
Pure Water, to make	...	...	six fluid ounces.

Dose : a sixth part, to which add one of the following powders and drink while effervescing :

Tartaric Acid, one drachm and a half ; divide into six powders.

ARTIFICIAL COOLING MIXTURES.

1. If snow or ice can be obtained mix either of them with an equal quantity of common salt.

2. Take of Sal Ammoniac	...	...	five ounces,
Nitre, or Saltpetre	...	...	five ounces,
Cold Water	...	...	three quarters of a pint.

Stir together in a metal or earthenware pot and place in it a jug containing the fluid to be cooled.

TO MAKE LIME WATER.

Put a small piece of builders' burnt lime into a large bottle of water, and shake up several times in the day : allow it to stand all night and then pour off the clear

lime water into another bottle : fill up the first bottle with water again and shake as before to be ready when required. The same piece of lime will do for several days.

THE TURPENTINE STOUP.

Take a piece of flannel large enough when folded into four to cover the abdomen or part to which it is to be applied. Dip it when folded in boiling or very hot water, take it out with a stick and put it into a cloth, which should be folded over it and wrung to squeeze out the water. Then open the flannel and sprinkle over it one tablespoonful of turpentine (known also as "turps") : apply to the abdomen as hot as can be borne, and keep on until the skin is well reddened.

CREAM OF TARTAR DRINK.

Put a teaspoonful of Cream of Tartar into a bottle, add a pint of hot water, shake up well and allow it to cool : pour off the clear fluid and sweeten to taste.

MILK AND SALTPETRE.

Dissolve half a drachm of powdered nitre in half a pint of hot milk, and drink a quarter of it every half hour until perspiration comes on, keeping it warm by a fire or under a cosy. Delicate persons and children may take a smaller quantity.

THE SELTZOGENE.

This is an apparatus for making aërated water, that is, water in which carbonic acid gas is dissolved under pressure. Such water is very refreshing as a beverage, especially with fruit syrups; it is also very useful in nausea, sickness and bilious attacks, and should be found in every temperance household.

Directions for the preparation of various forms of food and drink suitable for invalids will be found in a little book published for me by Messrs. J. and A. Churchill, entitled **DIET FOR THE SICK**: price 1s. 6d.



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LONDON :

NATIONAL TEMPERANCE PUBLICATION DEPOT,

337, STRAND, W. C.



