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THE HILLS
BY
DR. S. O. BISHOP.

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Dr. Crawford.

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FOR

THE HILLS.

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MEDICAL HINTS FOR THE HILLS

BY

DOCTOR S. O. BISHOP.

CHAPTER I.—(INTRODUCTORY.)

I have often noticed after arrival in a hill station from the plains, that visitors, more especially those who come on account of their health, suffer from various indispositions; and it is my aim in these notes to try and point out a few of the most common incidental to the change of climate. From my own experience I am confident if more care were taken, and more prudence exercised, in a great measure a good deal of unnecessary sickness could be avoided. We must bear in mind the additional strain there is thrown on the constitution, which is not altogether compensated for by a hill trip. After a prolonged residence in the plains, the large organs of the body are generally debilitated and unable to bear the extra work which is

thrown on them ; therefore it behoves all new arrivals to use some discretion, and to gradually adopt the system to the change.

The heart, the liver, the lungs, the stomach and kidneys all have their work increased.

The heart by the extra exertion of the hills. The lungs by more atmospheric pressure. The stomach by the additional quantity of solids taken. The liver, by the change from the heat to the cold. And the kidneys, from the action of the skin being decreased, having double duty to perform. I claim nothing new in my work, it is simply the result of my own observation, based on the experience of other authors ; for this I offer my apologies, and am much indebted to them. Those who live in the plains should take more frequent changes before the system gets hopelessly involved. A stitch in time saves nine, and if patients sought advice earlier, medical men would have far fewer cases coming to them with a long train of symptoms. A timely warning will do wonders, some advice as to diet &c., may save years of misery. Imperfect as these notes may seem, I sincerely trust

they will prove of some assistance to the numerous visitors. The treatment of invalids in the hills often requires a totally different routine to that of the plains ; and it is only after lengthened observation that one is able to see and judge the periodical changes, at the various periods of the season suitable for some invalids, and unsuitable for others. All these climatic variations have to be watched and noted. Numerous cases return to the plains after having been put to the trouble and expense of a tedious journey because they have come up at the wrong time of the year, or are suffering from some lesion, which the climate at that particular month does not suit ; this must be considered, and at the end of my book I have endeavoured to draw attention to it. I have to thank Doctor Lidderdale, Sanitary Commissioner of Bengal, for some interesting information regarding the origin of hill diarrhœa. In conclusion, I frequently receive letters from patients regarding the suitability of Darjeeling as a sanitarium. The exigencies of a busy practice afford me scant leisure for replying at length to these enquiries. So I trust my readers will excuse this little effort of mine in

which I have endeavoured, however feebly to point out a few of the most common complaints. I have not alluded to children, as Doctor Birch's excellent work supplies all that is requisite. I hope a liberal margin will be granted for all my imperfections. I have written these notes at brief intervals snatched from my professional work. That it may be kindly dealt with, and prove of some service to those who read it, is the sincere wish of the author.

S. O. B.



CHAPTER I.

DYSPEPSIA OR INDIGESTION.

THIS is one of the most common ailments that I am repeatedly consulted about by new arrivals.

These are various, and among others may be mentioned that a mild form of catarrh or cold of the coats of the stomach is often set up by the sudden change from the plains to the hills, in consequence of which the secretion of the gastric juice is very much lessened, and the process of digestion impaired ; coupled with this an increased quantity of solids is taken from the improvement in the appetite caused by the tonic air ; so the stomach has more to perform with less capability of doing so.

Causes.

Causes.

Causes.

We have more work for the digestive organs with sometimes imperfect solvent action; it may be the gastric juice that is decreased for reasons stated above, it may be the saliva or the pancreatic secretion. If due to deficient secretion of saliva this will give difficulty in digesting all starchy constituents of diet. If due to deficient gastric juice, the difficulty will arise with the albuminoids we take; and lastly if the pancreas is at fault, we find that the fat eaten is not emulsified.

Causes.

Bad teeth are a frequent cause of indigestion; they not only prevent perfect mastication, but the pain they cause by eating, induces the patient to swallow his food too quickly; so thus in more than one way cause defective indigestion. The food passing into the stomach before it is properly masticated does not mix sufficiently with the saliva, thus causing the action of this to be lost.

Causes.

Again, by the food not being sufficiently

masticated, it gives the digestive organs double work to perform. The stomach itself may be at fault, from dilatation or from an abnormal quantity of mucus which is poured out, and tenaciously adhering to the food, successfully prevents it coming in contact and being acted on by the gastric juice. Causes.

The biliary secretions are sometimes at fault, the cold having arrested the flow of bile ; so sufficient bile is not secreted to find its way into the duodenum, or small intestine, to assist in completing the process of the partially digested food after leaving the stomach. Causes.

Over-work.—Worry, anxiety or disturbance of the nervous system are fertile causes. All my readers know how sudden emotion will arrest digestion. A lump is felt in the stomach, on hearing some bad news ; a telegram arriving directly after a good meal announcing that you are the fortunate winner of the Derby sweep, is enough to arrest Causes.

- Causes. the process ; or that all is over between you and the object of your dearest affections. You are all familiar with one of the old tests for detecting theft in India amongst Natives, by compelling all the parties to chew a certain quantity of rice in their mouths : the offender being usually distinguished by the comparatively dryness of his mouthful at the end of the trial. This is due to fear of being discovered and consequently arrest of the flow of saliva. Nowadays, with the
- Causes. enormous amount of competition there is, every one lives more or less at high pressure, and the digestive organs give way under the strain.

- The heart is sometimes at fault from valvular disease, this causes an unpleasant sensation, as if the stomach contained something, when it is really empty of food. Indigestion being impaired, the blood is not sufficiently nourished to keep up the system,
- Causes. so the weak places go to the wall. The

healthy organs manage to do fairly on the decreased nourishment given to the tissues, owing to the food being imperfectly digested, but if there is a weak spot anywhere it suffers; and a portion of consolidated lung may begin to break up in a patient who gets insufficient nourishment, subsequent on indigestion. Causes.

Malarious poisoning is another cause of indigestion, and by those who have been exposed to its influences and suffer from dyspepsia, this must be taken into consideration. Causes.

Lastly, the habit of bolting one's food is a very bad one, and is very common with bachelors, who having no charming wife to prolong the meal by cheerful conversation, wish to get it over as soon as possible. The food is improperly masticated, and swallowed before it has been sufficiently long in contact with the saliva, so that the starchy material is not converted into sugar. Causes

Causes. The above are some of the few causes of indigestion. I will next consider some of the symptoms.

Symptoms. I will first take a case of one who has run down so to speak, and requires a holiday. Not only is the brain exhausted, but the whole system seems to be weak; a little exercise produces fatigue, and often languor. He comes up to the hills for a change of air. The change gives him a good appetite and he takes lots of nourishment. His tissues ought to be supplied sufficiently to enable them to do their work, and yet it is evident they are not in a condition to do so. He wonders at this and when he consults a medical man says, "I take lots of food and yet I feel so weak. I cannot make it out." Here is the mistake; he takes more than he can digest, the consequence of this half-digested mass being that it acts as a depressing poison, and instead of strengthening him, does just the reverse. A little food

Symptoms.

well digested feeds the blood, and this again the tissues, far more than a large meal badly digested. Symptoms.

Production of an acrid acid : this causes a bitter, hot taste at the foot of the gullet commonly termed "Heart-burn." Another is Pyrosis, or Water Brash, consisting in the eructation of a fluid into the throat sometimes acid, sometimes alkaline. A third is the regurgitation of the food which may be sour or sweet ; together with this is eructation of wind, flatulency which frequently causes palpitation ; for between the stomach and the heart, lies only the thin membrane called the diaphragm, and gas in the stomach presses on the heart, and interferes with its movements. Vomiting as a rule is not present except in acute indigestion and gives relief. Usually found in gastric catarrh in the mornings. Constipation often accompanies indigestion, and is coupled with headache. Headache may be caused by anæmia, Symptoms.

Symptoms. the blood being drawn to the stomach by the digestive act. The face is often flushed and there is a sense of swimming in the head. The mental discomfort to many is their greatest trouble, consisting in their utter unfitness for work, and inability to collect thoughts. The brain is disabled for the time, and the blood is often poisoned from abnormal products entering into it. The mind is less active while digestion is going on, if the contents of the stomach are difficult of solution.—Diarrhœa directly after food is present at times and constitutes a symptom.—Sleeplessness is not to be overlooked. The sufferer goes to bed too soon after a full meal, drops off into a heavy sleep which does not last long, and is awakened by disturbed dreams and an uneasy sensation about the stomach.

Symptoms. A patient sometimes becomes hypochondriacal; this is a bad symptom and the sooner it is removed the better. The sight

may be disturbed by dyspepsia, become irregular and hazy, and black floating specks be present in the field of vision. The hearing does not always escape, various sounds may occur due to indigestion, and even partial deafness. Symptoms.

In fact the stomach is very sympathetic, and in children convulsions have been over and over again caused by the presence of undigested food in the stomach. In taking dyspepsia into consideration, we must enquire into patient's history, as it is sometimes connected with gout.

By new arrivals in the hills who are subject to indigestion, great care should be exercised at first as regards diet, which is apt to be too liberal. Of course the change of air naturally increases the appetite; notwithstanding this, it must be kept in check. Even for a healthy man butcher's meat three times a day is too much. Now take the meals at any hotel and let us glance Prevention,

Prevention. through them. The day is commenced with tea and toast. A breakfast follows at half-past nine, usually chops or steaks,—stew, eggs and bacon,—cold meats, curry and rice. Tiffin at two o'clock is equally as heavy—side dishes, joints, pies &c. At four o'clock a cup of tea with a wedge of cake to keep up exhausted nature; followed by a dinner of half a dozen courses. To a dyspeptic subject this is far too much, and I would impress upon him to make a light breakfast.

Prevention. On rising in the morning a cup of warm milk and slice of toast; if the tea is indispensable have it made weak with three parts milk. For breakfast, try as much as possible to model it after this fashion. Porridge and milk, cold meat, bacon or fish, light-boiled or poached eggs, grilled fowl, weak tea with plenty of milk, or cocoatina made with boiling water and sufficient milk put in to cool it. If possible, wind up with some

Prevention. fruit. For tiffin, cold meats minced or hashed,

and well mashed potatoes browned. Bear Prevention.
this in mind, when a hash or mince is indulged in, it should not be subjected to prolonged stewing ; this instead of increasing the digestibility does just the reverse, and is intolerable to a delicate stomach. The proper way to make a hash or mince from already cooked meat, is by making the gravy first, and when ready, put in the slices of meat and just warm before serving. To this dietary may be added light milk, puddings and plain joints. Dinner should not be too Prevention,
heavy. Soup, joint, and pudding being all that is required.

Even the above is too much for some, and dinner cannot be partaken of all ; and should be replaced with a light repast. Subjects to dyspepsia must try and arrange to make a light nourishing breakfast, a more substantial and easily digested lunch, and a light supper ; taking as it were the chief meal in the middle of the day. For to some, more Prevention.

Prevention, especially those with a weak heart, or any cardiac lesion, a heavy meal at night is very bad, if not absolutely dangerous, producing at times most alarming symptoms by the stomach being distended with wind, pushing up the diaphragm, and impeding the heart's action and respiratory organs. Hence attacks of asthma after heavy dinners, to those liable to it. As regards stimulants, be very careful; if any liver mischief, these had better be avoided altogether. In others

Prevention. where there is a want of tone and the digestive organs are weak, perhaps a little brandy or whisky well diluted with water may be taken; but not with ærated waters, they are too gaseous; while again alkaline waters such as potash reduce the acidity of the stomach which is essential to the digestive process. Should the condition of the patient be such that he is ordered alkaline waters, he should drink these before meals, when the

Prevention. stomach is alkaline; after meals it is acid.

Some can take a glass of light claret, but in my experience the invalid soon finds out for himself what is best suited to his constitution. In numerous cases, I might say the majority, I find that when good water can be procured it is the best; and it is wonderful the relief I have seen given in many cases suffering from slight gastric and hepatic mischief, by giving up all stimulants. Especially those cases who have had a prolonged residence in the plains, and remove to the hills, will find the tonic air much better than all the stimulants in the world; further reasons for this will be given under the chapter on liver.

In some chronic cases where the stomach is much debilitated, it is a question whether a little stimulant does good or not; in any case it should be only taken under medical advice and never between meals; intermediate nips have been over and over again proved

Prevention. to do double and treble the amount of harm as with meals.

Chills must be guarded against, and the thin gauze banian worn in the plains should be replaced by silk and wool. Exercise avoided directly after meals, and any way not indulged in to cause fatigue. Still it is requisite that a certain amount of exercise should be taken; remember that exercise of some kind or other is required to keep the liver in order; the liver not acting retards the flow of bile, which again interferes with digestion. I would here suggest riding as a capital way of exercising the body without fatigue, and to visitors from the plains who are unaccustomed to a great deal of walking, it is much more suitable.

Treatment. If indigestion were merely a deficiency of gastric juice due to disease of the walls of the stomach, its treatment is simple. Supplying the deficiency by pepsine or some

other artificial gastric juice. Pepsine alone is sufficient for some. If the indigestion is partially caused by defective bile, then the liver must be treated. A great deal is palliative; suitable diet being our mainstay. In the more advanced stages, nourishment can be given in small quantities and at shorter intervals. In those delicate cases who take little or no dinner, it is too long to go to the next morning at breakfast. An arrow-root biscuit with a draught of milk in the very early hours of the morning often enables the sufferer to get several more hours of refreshing sleep. It is equally as bad, except in cases of gastric ulcer, to keep the stomach too empty, as to overcrowd it. Regarding drugs, beware of overdosing yourselves with a lot of vaunted nostrums, the ingredients of which we know nothing about, and of the therapeutic action less. Medicines ought to be given to assist. We must endeavour to improve the tone of the

Treatment.

Treatment.

Treatment.

Treatment. stomach by suitable tonics, and help nature by various peptone and pancreatic preparations after food.

An extract from the British Medico-surgical Journal of March 1887 says, "The profession is now keenly alive to the value of the process of artificial digestion in the preparation of foods for the invalid; and in no respect has treatment undergone more improvement in recent years than with regard to the use of peptonised foods in cases of gastric diseases, or in cases of great prostration, where the digestive power of the stomach is in abeyance. The name of Mr. Benger has been closely associated with that of Sir William Roberts in connection with the introduction of peptonising agents, and to them jointly the physician and the invalid are infinitely indebted for the potent aids to recovery which their work has given.

Treatment. The text-books on stomach disease need to be entirely rewritten; and it is not too much

to say that peptonising materials are by far the most important drugs in the treatment of ulcer and other stomach affections.” Treatment,

If the indigestion be connected with malarious poisoning, small doses of Fowlers' solution of arsenic, combined with ginger after meals, is in some cases often very efficacious. Should the subject be the sufferer of bad teeth, these should be attended to without delay, and all decayed stumps be removed, and replaced by a set of false teeth. There are many who defer their visit to the dentist for various reasons, but this is a fatal error. With the great strides that dentistry has made during the last few years there is no reason to delay treatment; it can be carried out without pain, and the little discomfort arising from a visit to your dentist is amply repaid by the benefit you derive therefrom. A great deal rests with yourselves. We all know pretty well what disagrees with us, but are often tempted to indulge in Treatment,

Treatment. various delicacies of the table which we ought not to do. Pleasant at the time, but probably resulting in several days of misery afterwards. In concluding, visitors to the hills who are subject to dyspepsia, must try and regulate their diet as much as possible; to avoid chills, over fatigue, and heavy dinners. Pastry of all kinds just looked at, though it be as light as love. To many pastry is worse than poison; so is cheese, particularly when toasted. In extreme cases,

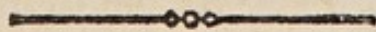
Treatment. where the digestive organs have become so weak that they are unable to digest any kind of ordinary food, artificially prepared food can be tried,—and is peptonised without making it unpalatable.

In nervous, irritable dyspepsia, where there is much pain, a sedative is often useful at night to allay this. A small dose of opium will sometimes work marvels, but it should not be given except ordered by your

Treatment. medical adviser.

Flatulency is treated by diffusible stimul- Treatment.
ants, and anti-flatulent medicines ; as sulpho-
carbolate of soda, assafoetida, &c. Lastly,
change of air. Habershon says, in his ex-
cellent work, "Still more marked is the bene-
ficial effect of change ; when the anxieties
of professional and commercial life are left
behind, and when the confined atmosphere
of a large town is exchanged for the invi-
gorating influence of sea or mountain air."

In acute dyspepsia, subsequent to a heavy Treatment.
meal, an emetic may be given to relieve the
distress of a loaded stomach.



CHAPTER II.

HILL-DIARRHŒA.

Causes. THIS distressing complaint as a rule makes its appearance in the early part of the season; beginning often as soon as May. The causes of this diarrhœa are not very clearly defined. Dr. R. Lidderdale, Sanitary Commissioner of Bengal, informs me, that he can recollect the time when Darjeeling claimed that it was the only hill station free from it. About the year 1874 or 1875, the first bad year occurred, and nearly everyone suffered in the station from it. And also on the tea gardens as far apart as Soom and Hope Town. It has been present almost every year since with varying severity, but can hardly be said to be epidemic, as its incidence is so varied as to time and

Causes.

person. The cause is still somewhat obscure and the subject has been much disputed ; by some it has been attributed to climatic influences. Doctor Lidderdale's theory is that it has followed the opening out of the country by destruction of forests, increase of population, and attendant evils ; this view must be merely a speculative one. It usually begins after heavy rain, and is common to all hill stations. My own idea is, that it has its origin in the liver and suppression of the biliary secretions ; this leads to the food not being properly digested, and subsequent diarrhœa from the irritation of the semi-digested mass in the intestinal canal. The time of year when it attacks is one when the temperature is very changeable, and the liver and alimentary canal are exposed to frequent changes of heat and cold, thus giving rise to chills followed by more or less catarrh of the liver, and surroundings, which decreasing the supply of

Causes.

Causes.

Causes.

Causes. bile, affects the digestive apparatus. Again, it attacks at a time of year when the system is relaxed in the hills ; if ever it is. It is not confined to new arrivals, for residents of years' standing are frequently attacked. From my own observation it is chiefly confined to adults, and especially the fair sex, who seem curiously enough to suffer most from it. Another fruitful source is wet feet, damp beds or clothing.—In summing up the causes as far as we know, they may be briefly stated to be climatic, and hepatic, subsequent to chills, sudden rises and falls of temperature, and a relaxed state of the system in general.

Symptoms. A diarrhœa, characterised by copious motions, watery and pale, by the inexperienced, might be mistaken for cholera. In fact, I was called hurriedly one evening to a patient suffering from an attack of acute hill diarrhœa, which the friends were afraid was cholera ; but the symptoms are totally different,

Symptoms,

as collapse, cramps, intense thirst, great pain and the distress which accompanies cholera are wanting. Coupled with the diarrhœa, we have sickness which varies in severity, and utter distaste for food, great prostration and windy flatulence from dyspepsia. As a rule there is not much pain except just before being disturbed, when there is a spasm across the bowels. The attack comes on rather suddenly, and is proceeded by indigestion, wind, and sickness, with a feeling of distention after meals. This is followed by diarrhœa, when the patient feels relieved, and thinks it is only a bilious attack which will soon pass off, but the diarrhœa, gets worse, is very troublesome, and at night requires the patient to get frequently out of bed. It seems to lessen towards morning, and the invalid is able to get some sleep. Rumbling in the stomach, and headache often accompany the above symptoms.

Symptoms.

Symptoms.

In the first place at this time of year, Prevention.

Prevention. from the beginning of May, great care must be taken to avoid chills ; bedding be repeatedly moved off the bed, and aired in the sun, if any ; failing this, in front of the fire. Damp clothing should be looked to, and well dried before wearing. Avoidance of wet feet ; this I particularly impress on my readers ; warm merino socks and stout boots should be the order of the day. Avoid sitting in damp shoes, it amply repays you to take the trouble of changing your socks if your feet feel at all damp. Be cautious with your diet, do not indulge too freely in mangoes or fish, both of which being imported from the plains are apt to be stale. Do not take strong cold aperients ; if you do require a dose of medicine have a warm aromatic one, watch the liver and see that it is acting. Should the motions become deficient in bile and pale in color, it is a sign you require an alterative for the liver to restore the healthy action. If you feel the system

Prevention.

about this time of year relaxed and yourself below par, have a tonic in time. I believe with judicious care, a great deal of this troublesome complaint might be avoided; anyhow, kept in check by suitable precautions as above mentioned. This hill diarrhœa is, I think, somewhat analagous to the summer diarrhœa met with in practice at home.

Prevention.

Of late years the treatment of hill diarrhœa has become better understood, and the liver complication recognised; so it is not such an endless trouble as it used to be. Some people formerly could not get rid of it without going to the plains. The treatment consists in stimulating the liver with suitable remedies to increase the flow of bile. This will help the dyspepsia, allay the sickness, and decrease the symptoms. At the same time, bland nourishment must be given consisting of the lightest of food; in fact, at the outset meat should not be taken at all,

Treatment.

Treatment.

Treatment. but simply arrowroot, to which, in enfeebled cases, a little port wine may be added, milk with lime water, but not soda, as before stated, this being too gaseous. Plain milk puddings, chicken-broth, Brand's Essence which from their small bulk can be easily taken; sago and tapioca puddings are good. When the symptoms have improved, boiled chicken pish pash, (chicken stewed in rice till it is quite soft), and a little more substantial diet may be substituted. Do not return too quickly to your ordinary diet, or you will have the mischief over again. I must here caution my readers about astringents; it is only natural when diarrhœa commences that one ignorant of the theory of the disease, should resort to chlorodyne, chalk mixture, and other remedies, which do much harm in cases of this kind of diarrhœa. First remove the cause, and the rest of the treatment is easy enough. If the diarrhœa be

Treatment. very excessive and weakening, it can be kept

under reasonable control by such suitable Treatment.
medicines as the medical attendant may deem fit to prescribe. Salicylic acid in small doses is useful; this acts as an antiseptic and counteracts the tendency to flatulency caused by the absence of bile which itself prevents intestinal putrefaction of the food. The partially digested contents of the stomach, passing into the small bowel are deprived of their usual quantity of bile; thus are not acted on, and rendered aseptic, so set up decomposition, which causes irrita- Treatment.
tion, subsequent diarrhœa, distention and flatulency. Some advocate a broad strip of flannel to be worn round the stomach, coming well across the liver. Excellent as this may be, it has the disadvantage of the patient being liable to chills, as soon as it is left off, so on the whole, I would not recommend it. A favourite treatment now in vogue by several of the leading physicians in India is the solution of the bi-chloride Treatment.

Treatment. of mercury; this acts as a stimulant to the liver, and destroys the bacteria.

The medicine, however, should only be prescribed by a medical man. In finishing this chapter, I may add that of late years the treatment of hill diarrhœa has been fully recognized and understood, which renders the cure comparatively easy; much, however, depends on the sufferer, who must implicitly carry out all the regulations, as regards rest, diet &c. ordered by the doctor.

Treatment. In acute cases, perhaps, perfect rest in bed for a few days is adviseable. Port wine, I find the best stimulant, if any, to give, and the best way to administer this, is in sago or arrowroot. Food should be taken as cool as possible. Much benefit is often derived from peptonizing the milk in these cases, and prescribing some preparation of pepsine after meals.



Treatment.

CHAPTER III.

LIVER.

It is not my intention to enter into a long treatise on this organ. So many excellent works have been written, and the subject so well threshed out, by Doctors Murchison, Harley and others, that it leaves little for me to write about. I only wish to draw attention to the most common form of disordered liver found in those patients who come from the plains, which may be termed sluggish from the action of the cold, and to another form of liver complaint called atrophy or shrinking of that organ, very common in India, especially to those who have resided for any length in the country. I likewise refer to functional disorder of the liver at the end of this chapter.

Causes.

Causes.

Causes.

Causes.

I have added a few extracts from Dr. Harley's work which may prove interesting.

The causes of sluggish liver nearly always arise from the sudden change of temperature; this makes the liver act less actively than it does in the plains, in consequence of which the bile does not flow so freely. Chills bring on disorder more quickly than anything, and seem to fly to the liver sooner than to other organs of the body, simply because the liver is easily affected in hot climates, and perhaps abused more than other parts of the body, hence it is the first to be felt. Malarious poisoning is another, and if there be any poison in the system the sudden elevation of temperature invariably brings it out. Indulging in the same amount of stimulants, as in the plains where the action of the skin being much more profuse helps to carry it off faster is another fruitful source. In the hills,

Causes.

the secretion of the skin is much decreas-

ed, and entails more work on the liver and kidneys. As regards stimulants, I have no hesitation in saying that over-indulgence in spirits is very trying to the liver, especially to those who come from the plains. It was the opinion of many, including myself, that champagne was comparatively harmless to the liver. But I have since altered my views on this subject, and will here give an extract from Dr. Harley's work on liver. He says, "As
"champagne plays, a not unimportant part
"in the treatment of all the more exhausting
"forms of liver disease, I shall take the
"present opportunity of ventilating my views
"on this universally appreciated vinous
"beverage, for, I wish to change, if possible,
"the present pernicious English habit of
"drinking sour wine, disguised under the
"name of champagne Sec, under the mis-
"taken notion that it is good and wholesome
"wine which has become naturally dry with Champagne.

Causes.

Champagne.

Champagne.

Champagne. “age, while in reality it is no such thing,
 “but tastes dry, simply because it is sour.
 “I say sour, for the various degrees of dry,
 “very dry, and extra dry (Sec, très-sec,
 “et brut) champagne are simply wines of
 “different degrees of acidity.

“SOURNESS.—If any reader doubts this, let
 “him for himself make the experiment of
 “dipping a piece of blue litmus list paper
 “into his fine dry wine : and if not already
 Champagne. “aware of the fact, which in all probability,
 “he is not, or he would not have a single
 “drop of the liquid within his doors, I pro-
 “mise that he will open his eyes wide with
 “astonishment at the tint the paper will as-
 “sume. Vinegar, pure strong vinegar, will
 “not bestow on it a brighter red tint, and
 “why? Simply because the flavour which he
 “ignorantly imagines is due to dryness, is on
 “the contrary, due to the presence of acid,
 “and the secret is this.—Dryness, as it is
 Champagne. “absurdly called, is the product of age. It

“is, in fact, due to the slow transference Champagne.
“of the sugar in the bottled wine into alcohol,
“as takes place in the twenty, thirty and
“forty years old port. But it does not pay
“the wine-merchant to keep his champagne
“until its saccharine matter has been trans-
“ferred by fermentation in the bottle into
“alcohol, and the sweetness of the wine has
“consequently disappeared. So he adopts the
“speedier course of getting rid of the sweet
“flavour of the wine by setting up the quick
“acetous, instead of the slow, alcoholic fer- Champagne.
“mentation, which has the effect of destroy-
“ing all the saccharine matter contained in
“the bottled wine in a few months, or he
“adopts another equally effectual course, of
“adding less than four instead of, as he
“ought, eight per cent of syrup to the wine
“at the time of degorgement. In fact there
“are many ways well known to the trade of
“spoiling champagne to suit the ignorant
“depraved taste of the English consumer. Champagne.

Champagne. "I say English, for no other nation has yet
"been found foolish enough to swallow sour
"wine under the delusion that it is drinking
"good sound dry wine from finding the
"words 'sec,' 'tres sec,' or 'brut,' on the
labels of the bottles."

I am afraid I have rather transgressed in
quoting such a long paragraph, but champagne
is a wine much drunk in India, and I
myself have often prescribed it, but am very
cautious now about doing so in liver cases.
Champagne. Dr. Harley goes on to say that he imports
his own wine, and he observed the traveller,
in booking his order, wrote after the name of
the wine "Continental." On enquiring the
reason Dr. Harley is told, "We never send
any continental champagne to England. We
send spoilt English champagne." On being
asked for an explanation, he is told that all
the dry champagne is specially prepared for
the English market as they could not sell a
Champagne drop of it on the continent. Nobody will

drink such stuff. Dr. Harley says, "All Champagne. champagne is slightly acid on account of the carbolic acid it contains, but it is not sour, which so called dry champagne is. In testing with a piece of blue litmus paper, while the continental one will yield a faint pink, the English one, that is the sour, which you call the dry wine, will immediately turn the paper crimson, just as sulphuric acid would. To champagne drinkers this information may prove interesting."

Doubtless in some cases of touchy livers, Causes.
a very small quantity of alcohol combined with the change of temperature is enough to lessen the secretion of the bile, and this must be taken into consideration by new arrivals. Chills are easily caught, especially after tennis and dancing. Another cause is not wearing sufficient warm clothing, or not putting on a thicker banian than that worn in the plains. Again, a common cause is Cause

Causes. atrophy or shrinking of the liver, the results of inflammation, malarious or otherwise, the abuse of spirits and prolonged residence in a hot climate. Bathing in cold water will often upset the liver. Eating rich food which cannot be digested is a cause of excess of bile, or biliousness.

Symptoms. I only intend to notice here the symptoms of chronic atrophy or shrinking of the liver, congestion, the result of chills, and biliousness, and functional disorders (see p. 49), as these are what we usually meet with in visitors coming from the plains. The symptoms of chronic atrophy of the liver or shrinking, are often such that they are not recognized by the patient himself. He knows there is something wrong and cannot make it out; has no particular pain about his liver, but an uncomfortable feeling; yet his liver does not act freely, and with the slightest indulgence the secretion of bile

Symptoms. stops altogether, giving rise to constipation,

headache, loss of appetite, nasty taste in the mouth and general depression. He imagines there is something wrong and takes some liver pills ; all goes well for a few days and he feels better ; his symptoms disappear somewhat, but only to return again with renewed vigor on the slightest provocation. The theory of this being that the liver is roused by the pills and like a fagged cab-horse responds to the whip and breaks into a gallop, only to drop back again to a slower pace than ever. Among others must be noticed sallowness of the complexion, yellow tinge about the whites of the eye, depressed spirits (a very frequent and troublesome sign), coupled with a great want of energy and being often troubled with a pain behind the right shoulder blade. The patient likes to sit about and take no exercise, in fact he feels as if every thing he did was a trouble to him. The final symptoms, which are only recognized on percussion by a medical man, reveal the contraction of

Symptoms.

Symptoms.

Symptoms.

Symptoms. the liver; which means that the liver itself is reduced in size; in consequence of which there is a less secreting area and subsequent difficiency of bile, followed by the above train of evils.

Prevention. Much can be done in this way when once the case is diagnosed, and the patient can go on just the same as usual, in fact may never know he has got an atrophied liver; provided he be only moderately prudent, and carry out faithfully the treatment laid down by his medical adviser, which must be strictly adhered to. From my own experience and observation in India extending over a number of years, I emphatically say that all alcohol in every shape and form is highly deleterious and must be abandoned for good and all, in one suffering from shrunken or contracted liver.

The only change in the above rule is that a little light claret and water might be
Prevention. allowed as long as it does not cause acidity.

But it is best to have no half measures. Put your foot down and keep it down. It is very easy for a case of atrophied liver to experiment on himself. Let him take a week on a water regimen, then a week of stimulants with his meals; he will soon see the difference. On the water, he is able to do double work, his liver acts fairly well considering its limited area, the appetite is better, he does not wake up in the mornings with such a bad taste in the mouth and has no headache, as without alcohol he gets sufficient bile secreted to assist in assimilating the food, and consequently does not suffer from the headache caused by indigestion and retention of vitiated products in the blood. The irritability of temper is less, those volcanic eruptions so common in the mornings on the slightest provocation from your bearer or others are much modified. Now take a week of stimulant, and he will find all his symptoms aggravated. Every glass of alcohol tends to increase the

Prevention.

Prevention.

Prevention.

- Prevention. contraction of the liver; hence a favourite expression often heard when a drink is taken, "Never mind, here goes another nail into my coffin," being literally true in these cases. I am fully convinced from my own experience, that spirits, or even wines with the exception of claret, do an enormous deal of harm, the extent of which can hardly be estimated by the layman, and must sooner or later hurry on the mischief till dropsy supervenes, and the case is hopeless more or less. Though the advent of dropsy must be looked on as a serious complication, yet it can be relieved and sometimes kept in check by suitable treatment. Cold baths should not be indulged in under any circumstances. Chills and sudden variations of temperatures should be avoided. Wear warm flannel in the hills next to the skin, and silk and wool in the plains. The cotton gauze banians usually worn in the plains are not sufficient for these cases. As to smokers, they
- Prevention. should try and limit their allowances and

only smoke one cheroot or pipe after each meal, and never on an empty stomach. The above precautions apply to all cases coming from a hot climate to a cold, in particular more to those already suffering from liver mischief. Prevention.

This is simple, and does not require much medicine; in fact the less taken the better, except prescribed by a medical man. A host of medicines which act specially on the liver are often taken by the inexperienced, not understanding the true facts of the case, which, while affording temporary relief, in the long run do much more harm than good; for they overstrain the liver, and while spurring it into increased action for the time being, drain it of all bile, and the secreting power instead of being benefitted is actually damaged. The treatment of these cases must be palliative; the deficiency of the bile supplied by bile pills containing 5 grains each. They are specially Treatment,

- Treatment. prepared now-a-days coated with gelatine, so as not to dissolve till they reach the duodenum or small intestine. The pills will supply the deficiency of the bile, assist in digestion and correct the flatulence. A fair amount of exercise should be taken in the fresh air. One of the best being riding, which is not so tiring as walking. Long walks are very well in their way, but are apt to produce a great deal of fatigue and thirst. Tennis and dancing are all right, but not to be overdone, and special care should be taken that no chills are caught after getting into a perspiration. Patients ought to be in bed by eleven o'clock, and get up early in the morning and take a good ride, this being the nicest time for horse exercise. Constipation is best treated by a glass of one of the German mineral waters, drunk the first thing in the morning warm, or by ten or fifteen drops of the cascara sagrada night and morning in
- Treatment. a little water. However, the bile pills are

often sufficient to correct this. Food must be plain and simple—well cooked vegetables, joints, roast and boiled fowls. Avoid curries and made dishes. To this can be added fresh fish when obtainable, milk, puddings and fruit. Coccatina, made with water, and cooled with sufficient milk, is far better than tea or coffee. As regards tea, I wish here to give an extract which may not be out of place, from the *British Medical Journal* of April 1888,—

Treatment,

TEA DRINKING.

Tea,

“The habit of tea drinking is becoming more and more thoroughly national in the British Islands as the century draws to a close. Eighty years ago, the practice was looked upon as a sign of effeminacy, a well known patriotic ballad in praise of roast beef lauding the good old days, ere coffee and tea and such slip-slops were known. Cobbett, in his advice to young men, said,

Tea,

Tea. “ ‘ Let me beseech you to resolve to free your-
“ selves from the slavery of the tea and cof-
“ fee and other slop-kettle.’ He thinks that
“ his model young man should devote to the
“ study of arithmetic one-half of the time
“ ‘ usually wasted over the tea-slops.’ In
“ 1888, tea drinking is universal. The poor
“ and the rich have long been tea drinkers ;
“ it is among the lower-middle classes that
“ the habit has recently spread to so marked
“ a degree. Young men, beginning life, and
Tea. “ the great army of older men so well known
“ in great cities, whose duties involve much
“ going about from one quarter of the town
“ to another, are steadily recognising the fact
“ that tea is better than alcohol at lunch. In
“ real society and sham society the ‘ after-
“ noon tea ’ gives to that beverage the pow-
“ erful sanction of fashion. The chief evil
“ of tea drinking amongst the poor is the
“ practice of taking tea whilst it is very hot
Tea. “ so that it acts both directly and indirect-

“ly as a cardiac stimulant, causing pleasurable feelings to the drinker, but at the same time irritating the gastric mucous membrane. At the afternoon tea of polite society, too much is often consumed by the same person, who may pay half-a-dozen visits before the dinner hour. Well bred people hate excess, and dislike to be seen eating and drinking, nevertheless, they are often automatic in their doings, so that somebody sipping tea, often causes everyone else in the same room to accept the offer of a cup, which is the simplest, tidiest, and least demonstrative way of refreshing the inner man or woman. The evils of tea drinking have long been recognised, or at least, we know of certain bad results, though it does not follow that others have not been as yet overlooked. The acute objective symptoms of an overdose of tea are relatively trifling compared with opium poisoning, or alcoholic intoxication ; yet

Tea.

Tea.

Tea.

- Tea. " amongst them is vomiting and violent sick-
" ness under most unfortunate circumstances
" which may be the result of dining or smoking
" too soon after taking tea. This accident may
" happen even to a strong person at a high
" tea, 'severe tea,' or tea dinner. For
" as Dr. Lauder Brunton has shown, the
" tannin of the tea interferes with the diges-
" tion of fresh meat, whilst Dr. T. W.
" Fraser has observed that it does not inter-
" fere with the digestion of ham, tongue and
Tea. " other cured and dried flesh. Hence a slice
" of tongue is better than a cut off the best
" joint at a high tea, as at breakfast.
" Again severe intractable dyspepsia may
" follow tea drinking, especially between
" lunch and dinner. Under these circum-
" stances the tannin and the special alkaloid
" of tea mix with the half-digested food and
" gastric juice; the products of this abnormal
" mixture remaining until food is swallowed at
Tea. " dinner, or at least irritating the stomach

“so as to render it unprepared for the diges-
“tion of a good dinner. Several living phy-
“sicians have shown, on the evidence of ex-
“perience and of chemistry, that tea cannot
“be served up free from tannin, even if it
“be filtered during the process of infusion
“like coffee, and poured into a tea-pot free
“from leaves. What distinct evils may be
“caused by tea drinking physicians have not
“yet determined. Yet we know that it often
“sets up dyspepsia which may cause several
“deadly visceral disorders. It also impedes
“assimilation and the resistance to cold. More
“interesting is the question as to whether it
“may not induce disease of the circulating
“organs by affecting the blood pressure. On
“the nervous system, both as understood by
“physiologists and by hypochondriacs, the
“habit may exercise a very bad influence.
“A true tea vice is not unknown; even certain
“business men feel at five o’clock an irresist-
“ible desire to break off important duties in

Tea

Tea.

Tea.

- Tea. "favour of the tea cup. In hysterical sub-
 "jects this vice is often a most serious symp-
 "tom. Though tea too soon before dinner,
 "causes dyspepsia, dinner unexpectedly de-
 "layed for many hours after a heavy *draught*
 "of tea sets up in some persons very severe
 "nervous systems, especially marked by tre-
 "mulousness and an inability to keep the
 "attention fixed on any subjects of duty,
 "pleasure, or conversation. In short, the
 "rule of all things in due season and not
 Tea. "too much of any thing applies to tea quite
 "as much as to a flesh diet and to alcohol."

The above extract is rather sweeping, but I have no doubt in certain cases that tea is pernicious, especially strong tea; what tea-makers do not seem to fully understand is that the flavour and aroma is wanted, not the strength. I would here draw attention to Hobb's patent anti-tannic tea infuser. This fits into the cup; you put the tea into the infuser which is perforated, pour the boiling

Tea.

water on, which passes into the cup, making the tea as it goes along. This not only secures the users against injury to their health, but also enables them to make a cup of tea free from tannin, and surpassing in flavour and purity that made by other methods. Should patients object to cocoatina, tea can be substituted, providing it is not allowed to stand too long and contains plenty of milk. What we have to recollect is that organic disease of the liver cannot be cured, but can be ameliorated, and kept in check by suitable remedies and precautions. Many patients suffer from functional liver disturbances; that is to say, they have no organic lesion; and as long they do not get off the path are all right. They know they have a liver. It may be hereditary, may be the result of malaria, chills or other causes. Suffice it to say, that their livers are easily upset and they suffer from dyspepsia. These cases can tell to a nicety what to eat, drink,

Tea.

Treatment.

Treatment.

Treatment. and avoid. Especially as regards diet and alcohol; the latter often means poison to them; with some it is a single glass of champagne, others a glass of whisky that brings on an attack. These cases again and again refuse invitations to dinner parties, and are looked on as being unsociable, but it is not this—better be so, than dine out and have several days of misery afterwards. For when one is sitting next to a charming girl it is impossible to keep careful watch over

Treatment. all you eat and drink; and what is the result? Perhaps an acute bilious attack because one takes a glass or two of champagne. Dr. Fothergill in his excellent work says that congenital insufficiency of the liver is the cause of much of the trouble to which bilious persons are liable. Doctor Budd, a keen observer, one of a large family of medical men, expressed himself on this subject as follows.—“In most persons, perhaps a portion

Treatment. of the liver may waste, or become less active.

Treatment.

without sensible derangement of health. They have more liver, as they have more lung, than is absolutely necessary. In others, on the contrary, the liver from natural conformation seems only just capable of affecting its purpose under favourable circumstances. They are born with a tendency to bilious derangements. Persons who inherit this feebleness of the liver, if we may term it so, or in whom in consequence of disease, a portion of the liver has atrophied, or the secreting element of the liver has been damaged, may suffer little inconvenience as long as they are placed in favourable circumstances, and observe those rules which such a condition demands; but whenever from any cause such as hot climate, gross living, indolent habits, constipation, a more abundant quantity of bile is requisite to purify the blood, the liver becomes inadequate for its office and they get bilious and sallow. A patient often argues that his liver troubles

Treatment.

Treatment.

Treatment. cannot be due to what he eats or drinks, because he is most careful as compared with friends who indulge largely, and suffer nothing, forgetting the adage, "One man's meat is another man's poison." One man may drink a bottle of wine, and be none the worse, whereas another has his liver deranged by a single glass. So it is, and the sufferer from liver complications must make a little study of his own case, and with care, by following out the instructions laid down, may have many years of a good, useful life before him. Such cases should have a sort of chart drawn up for them by their medical adviser, and those articles of diet and drink to be avoided marked with red ink as dangerous shoals.

Sir Joseph Fayrer says,—“In reference to
“the treatment of the functional derange-
“ments of the liver which arise from congest-
“ion, and I think more especially that form
Treatment. “in which it is accompanied by anæmia, such

“a condition as that as is so frequently seen Treatment
“in persons who have lived long in hot
“malarious climates like India, I may
“say this.

“Beyond mere swelling of the liver from
“engorgement with blood, other changes fatty
“or amyloid will no doubt supervene, and it is
“often difficult to determine how far the
“functional is due to the structural change.
“The treatment I generally find most effec-
“tive is attention to diet and drinks, and to Treatment,
“avoid much fatty, sugary, & alcoholic fluids.
“No beer; claret and water for drink. Warm
“clothing so as to keep the skin moist, and
“an occasional dose of saline aperients.” I
am afraid I have trespassed too much on this
subject, but it is one I am deeply interested
in, and liver disturbances are so common in
India. In fact I will go so far as to say from
personal experience among residents in this
climate that there are very few sound livers. Treatment,

CHAPTER IV.

NEURALGIA.

Causes,

Attacks of neuralgia are very frequent among those visitors to the hills who are in any way subject to it. The change of climate seems to bring this distressing malady out on the slightest provocation; with care however the attacks may be warded off.

Causes,

The damp climate has a great deal to do with it, as I have always noticed the paroxysms are aggravated during the monsoons. Among the most common causes of neuralgia the undermentioned are some. Our old friend malaria is a frequent one in India and the history of the patient must be always inquired into. The first thing in neuralgia is to ascertain the cause; then it is plainer sailing. Neuralgia very often occurs in families liable to nervous tendencies not

Causes,

always of a neuralgic character, while nervous idiosyncrasy may display itself in other symptoms, such as hysteria, chorea, &c. &c. Decayed teeth are very fruitful causes of neuralgia which are affected by the cold or disordered stomach—this acts on them, setting up irritation; again, bad teeth not enabling the patient to masticate his food thoroughly, brings on indigestion.

Causes.

Constipation is another reason. Worry, over-fatigue, and anxiety are almost certain to bring on an attack in those prone to it. Anæmia and general debility after bad goes of fever. Long residence in a relaxing climate without change, allowing the health to get into a low cachexic state. Damp, cold as before mentioned. Injury to nerves, or by nerves being pressed on by tumours or other encroachments.

Causes.

These are so well known that it is hardly worth while mentioning them here. What

Symptoms.

- Symptoms. sufferer does not know the symptoms preceded usually by some uneasiness and flying pains about the part to be attacked; succeeded by most agonising pains increasing in severity till they reach their height, and then remit for a few minutes only to return with increased severity. These pains revive at shorter intervals, until at last they are almost continuous, and may last for hours, leaving the patient exhausted and with a dull bruised feeling about the part.
- Symptoms. The pain of neuralgia may be superficial or deep seated; it attacks all parts of the body, chiefly the face and head, various portions of the trunk, back, arms, legs and side; and in some women it attacks about the coccyx or last bone of the back, this being increased by continued pressure as when riding or sitting, or it may follow an injury, especially a fall. The internal organs do not escape, sometimes it is the heart. Some of the cases called angina pectoris are dependent on
- Symptoms.

neuralgia. The kidneys and other visceral organs are all liable to be affected. Prevention.

By those coming from the plains who are liable to neuralgia great care must be exercised before leaving. See that the digestion is in good order; get defective teeth looked to; and if requisite let a tonic be taken containing small doses of quinine. The bowels should not be allowed to get constipated—*cascara sagrada* taken in small doses 3 times a day before meals will correct this and act as a tonic as well. Avoidance of exposure to damp, and warm clothes worn. Dont be exposed to draughts, a cold being safe to bring an attack on. Two or three grains of quinine as a preventative had better be taken on arrival, or even commenced several days before the anticipated journey. This advice is specially recommended to those who have been exposed to malarious poison. Prevention.

Having discovered the cause, the next thing is to treat it. If it arises from stomach Treatment.

Treatment. a dose of aperient medicine is required; followed by a tonic containing quinine this will often suffice; croton chloral pills of two grains each are useful in neuralgia of the face & head, and two every two hours till the pain is better must be given. If it arises from teeth irritation a mixture containing bromide of potash and gelsemini is sometimes very effectual in conjunction with the pills. Tonga taken during meals can be tried. In malarious cases Fowler's solution of arsenic

Treatment. after meals can be used. In debilitated persons a stimulant is sometimes useful, such as Port Wine. Bitter beer, or a good claret, to improve the impoverished blood. In cases suffering from nervous depression and irritability a combination of phosphorus, iron, and nux vomica in a Pill may be prescribed. In persons prone to neuralgia it is of the greatest importance that the system be kept up and the patient not allowed to get below par. Hypodermic injections of morphia

Treatment.

should only be administered when ordered Treatment,
and injected by a medical man. I must
here caution patients however not to get
into the habit of having constant morphia in-
jections. It is one that grows at a fearful rate,
and many a constitution has been irretriev-
ably ruined and shattered by this pernicious
habit; pleasant at the time and, like opium
smoking, gradually creeps over one; but the
short transition of happy oblivion is not
compensated for by a prematurely wrecked
state of both body and mind, and fearful are Treatment,
the cases I have come across at home in large
Asylums, where patients in a weak moment,
and without medical advice, have got into
the habit of injecting morphia, and gone on
from bad to worse till they are doomed
perhaps for the rest of their days to pass
their life under restraint.

The operation itself is so simple, the
apparatus so small that it can be easily carri-
ed and concealed about one's person. It is no Treatment.

- Treatment. exaggeration to say that it has been my painful duty to have cases under my charge in which the whole body was one mass of sores caused by the punctures of the syringe, the patient being a pitiful sight and reduced to the lowest state of abject misery. Morphia injections should never be given except under the advice of, and the operation performed by a medical man, when it is absolutely necessary and other treatment has failed. The same caution is to be observed with all
- Treatment. narcotics. In long illnesses sometimes this is unavoidable, but the earliest opportunity should be taken to relinquish narcotics, and not let it become a habit.

I will now pass on to local applications, and enumerate a few of the most common in use. Those, as a rule, only afford temporary relief and are prescribed as an adjunct to internal ones. Liniments containing belladonna, chloroform and opium, are use-

- Treatment. ful sedative applications. Aconite liniment

carefully painted on with a brush sometimes affords relief. Menthol rubbed on produces a sensation of warmth and lulls the pain ; tetrachloride of carbon acts well ; however, its rapid evaporation is against it. It affords most relief when applied by sprinkling on spongio piline, first wrung out in boiling water. Treatment.

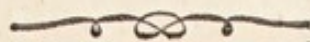
Small blisters being about the seat of pain in acute cases, sprinkling with morphia has been ordered. In prolonged cases a treatment much in vogue at home is nerve stretching ; the nerve in question is cut down on, exposed and pulled. Immediate and permanent relief has followed many of these operations. A continuous current from an electric battery applied along the course of the nerve occasionally numbs the pain,—most useful in low nerve power and nervous depression. Sea air, in those cases where the sufferer has had business worries or anything to depress him, and the whole nervous sys- Treatment.

Treatment. tem is at a low ebb, is very beneficial. A nice trip is to the Andaman Islands and back, giving about three weeks of sea breezes.

In lumbago, menthol and belladonna plasters are often prescribed, as giving ease to pain and acting as local supports. In bringing this chapter on Neuralgia to a close, I am afraid my readers will be somewhat disappointed. I have given nothing startling, nothing new, but have had to be contented with following the well-trodden path and recommending the same hackneyed remedies. Nevertheless, the chapter may prove useful to those martyrs to this painful affliction.

Treatment.

Treatment. In anæmic cases, preparations containing iron had better be administered in combination with arsenic.



CHAPTER V.

FEVER.

It is not my intention to enter into a long treatise on fevers, but only to offer a few remarks on the immunity of Darjeeling from typhoid, and the frequency of malarious fever breaking out in the hills in those who have been exposed to malarious influences. In a practise extending over three years in the hills, I have only had two cases of typhoid to treat.—

The first was a gentleman travelling through India, and I distinctly traced the origin to Benares, where he had been exposed to some very bad odours arising from wells in the native part of the town, and had imprudently visited these parts of the city in the early morning on an empty stomach. This gentleman, I am glad to say, made a good recovery.

Freedom from
Typhoid.

Freedom from
Typhoid.

Freedom from
Typhoid.

The other case occurred in a tea garden four miles away. This case was also successful.

Other cases have taken place in the range of my fellow-practitioners; but I think I am within bounds by saying that in nearly every case the typhoid has been imported.

Malarious
fever brought
out by hill
climate.

A hill climate seems invariably to bring out an attack of malarious fever, sooner or later, if there is any malaria in the system; perhaps not in all cases, but the majority. The change of elevation has a good deal to do with this, and especially if the patient's blood is at all thin or poor. He suffers from the cold and this brings on ague and fever. Chills are another cause; and exposure to morning and evening temperatures.

Symptoms. In the first place the change of climate is felt very much; always feeling chilly and

shivery; is heavy about the head and eyes; Symptoms.
has loss of appetite and general indisposition. Is inclined to yawn a great deal and wishes to be near a fire. Though the hands feel cold, the thermometer shows the bodily heat to be above normal. This is followed by ague and fever of more or less severity, and varying in duration.

Care should be taken on arrival to wear warm clothes and avoid all chills. A fire in the bedroom had better be indulged in, and if the slightest symptoms come on quinine Prevention,
should be prescribed, with a dose of aperient medicine if required. I may add that a few doses of quinine might be taken with advantage by new arrivals from a malarious district. Chills are very often caught on the journey up to the hills owing to want of sufficient precautions. The change is very sudden, and visitors from the plains glide imperceptibly into the cold. At the foot of the hills thicker under-clothing had Prevention.

Prevention. better be put on. If it is a cold damp day, an inside car is preferable to a trolley. Another thing to be avoided is going out in the early morning on an empty stomach, this should always be attended to. Likewise see that your bedding is well aired and the sheets not damp. Bed-clothes should be well dried when brought from the wash.

Treatment. In malarious fever, of course our great stand-by is quinine, and full doses should be administered when the temperature permits. By full doses I mean at least fifteen grains in the early morning, to be followed by a smaller dose some hours later. This is usually required for a few days according to circumstances. At the same time the liver must be watched, and examined from time to time. In my experience, if this organ is much at fault and not acting, that is to say, if the bile is deficient or over abundant, causing bilious vomiting, then large

Treatment.

doses of quinine have very little affect till Treatment,
the liver has been put in working order.
For reducing the temperature we have the
various antifebrin preparations which have
been introduced into the practice of medic-
ine. These antifebrins, however, are not to be
trifled with, and ought not to be prescribed
and given except by the advice of a medical
man, and the temperature has to be very
carefully watched during administration.
They should not be given if the temperature
is below 100°. Antifebrin and antipyrin Treatment,
lower the heat of the body, reduce the tem-
perature, and cause profuse perspiration. A
stimulant is best given at the same time.
As soon as the temperature is normal or
below 100°, the quinine can be taken. Re-
collect quinine acts best with a falling tem-
perature and not with a rising one. These
malarious fevers are sometimes very ob-
stinate and develope occasionally into a
typho-malarious condition. I am of opinion Treatment,

Treatment. that sea air is better for malarious cases than the hills; but the voyage, to do any good, must be prolonged, and not one in which the steamer is constantly putting into port, and the patient submitted to trying heat and variations of temperatures. One of the best trips is to Australia and back, as this involves quite two months at sea, and the whole round will occupy nearly three months. A good time of year must be selected, so as to escape any heat during the stay there.

Treatment. Short voyages are not good, they only upset the patient, and very little if any benefit is derived from them. I mean, in a constitution saturated with malaria.

The spleen usually becomes enlarged in these attacks of malaria, and some counter-irritant is required, such as biniodide of mercury ointment. Phosphorus sometimes acts marvellously, taken internally in the shape of pills; to those who have become

Treatment. anæmic from long residence in a malari-

ous climate, I would specially recommend Treatment.
it. In a few months the red blood corpuscles increase fifty per cent. I may add for the information of my readers that in anæmia we have a superabundance of white blood corpuscles, hence the extreme palor of countenance in these cases. A useful formula is to combine the phosphorus with iron and nux-vomica. In conjunction with these pills it is often requisite to give a tonic containing quinine and arsenic. Before proceeding on a prolonged sea Treatment.
voyage, a prescription should be obtained after consulting with your medical adviser, and what is requisite taken. A good many go on a sea voyage and give up all treatment, looking on it as a regular little outing, a common expression being, "I have pitched all medicines over board, I feel so well;" but unless a regular programme is laid down and carried out, the benefits of the sea voyage will be nil. Excesses in eating and Treatment.

- Treatment. drinking should be avoided, and late nights. Beware of sleeping on deck, and except the cabins are unbearable, it is better not to do so ; for you may be exposed to chills which will bring the malaria on again, if there is any left in the system. With judicious care, a sea voyage ought to be of very great service in eradicating the malaria from the system. I recollect when I was in practice in Assam, what benefit a patient derived from simply going on the Brahmapootra river, the air of which seemed to have some special virtue in it ; and I have seen patients carried on to the steamer, so utterly prostrated by fever as to be unable to stand, yet a few days and the change has worked wonders. To those unable to spare the time for a sea voyage, I would beg to draw their attention to this river trip. The best plan is to go to Goalundo or Dhubri by train. The former is preferable as it does not entail so many changes. You leave Calcutta at night
- Treatment,

arriving in the morning, and get on board a comfortable steamer with large airy cabins and excellent accommodation. During the rains the Brahmapootra is a magnificent river, and as you steam along you feel the invigorating breeze acting as a charm to your jaded constitution.

Treatment,

In concluding this chapter, I must urge on those subject to malaria the necessity of seeking a prolonged change before the mischief goes too far. This is specially called for in the case of tea-planters, who often stay on in the plains, only seeking a change when it is too late to be of any service to them, thus prematurely undermining in many cases a vigorous constitution. Every attack of malaria tells on the frame, and is pernicious to a degree; and numbers yearly are added to the already long list of victims to this fatal scourge.

Treatment,

Treatment,



CHAPTER VI.

HILL CLIMATE FOR CHEST COMPLAINTS.

It is an acknowledged fact now-a-days Consumption, that physicians order consumptive patients to a hill climate. These in a general way benefit more or less from the tonic air, such as that of Darjeeling, except those who are beyond all human skill. Darjeeling, however, is particularly suited to cases of incipient consumption and advanced pthisis where the cavities are dry or are empty: the selection of seasons for these cases is immaterial. It is however very different in those who have active disease of the lungs in progress; in other words where softening is going on: these cases benefit most when the atmosphere is dry and warm, most suitable. on bright sunny days in the months of

Time of year
most suitable.

April and May, October and November. Time of year most suitable
During the monsoons they usually remain in statu quo; or at most show change of symptoms for better or worse according to the humidity of the atmosphere—the cloudy days causing almost always a depression, and sunny days a surpassing cheerfulness and improvement. The extreme cold of the latter end of December, January, February and part of March, gives a similar result, with the exception that if there be any sudden depression in the temperature the lungs around the focus of disease get congested, and there is thus always a fear of hæmorrhage. It may not be out of place here to give an extract from the *Lancet* of April 7th, 1888, by Dr. R. T. Shepherd, headed “Consumption, a disease of the night.” Time of year most suitable.

Dr. Shepherd says, “I do not pretend to have studied the question deeply; consump- Extract from Lancet.

74 *Hill Climate for chest complaints.*

Extract from
Lancet.

“tion is a subject of such vast importance
“that I feel no apology is needed for even
“the smallest contribution, either to our
“knowledge of the subject, or to our way of
“looking at the knowledge we already pos-
“sess. It is with the latter alone that I shall
“attempt to deal. I think that it will be
“admitted as an established fact that con-
“stantly recurring irritation of the air-pass-
“ages, however brought about, is sufficient

Extract from
Lancet.

“to cause consumption. This is well exem-
“plified in the consumption of workmen,
“millstone makers, &c. &c. But I do not
“know if it will be so readily admitted that
“constantly recurring irritation of the air-
“passages is the whole and sole cause of the
“disease. This is my opinion: Irritation
“is the cause of consumption. There are
“various degrees of susceptibility, and it is
“important to notice that what will irritate
“one pair of lungs will not necessarily irri-
“tate another. Now it seems to me that if

Extract from
Lancet.

“we can thus narrow down the cause of this
“terrible scourge to a single word, a most
“important point has been gained. We all
“know how much hereditary taint, diathesis
“and the general surroundings of an indi-
“vidual have to do with the form and pro-
“gress of the disease. But it seems to me
“that all these and even the dread baccillus
“itself play their part after the disease has be-
“gun. The starting point being as I have
“before said irritation, people predisposed to
“consumption will get it if their lungs be
“exposed to constantly recurring irritation ;
“otherwise they will escape. If it be allow-
“ed that I have gained any point, I think
“I can make another. I can metaphorically
“speaking put my finger on the constantly
“recurring irritation to which the vast majo-
“rity of phthisical patients owe their disease.
“It is simply cold air breathed at night. Not
“that cold air in itself seems to be an irritant.
“If the patient breathed air as cold by day

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet.

“as by night it would I believe be harmless.
“It is the change from warm air by day to
“cold air at night that does the mischief.
“Lungs predisposed to disease are compelled
“to accommodate their capillary circulation
“night after night to a temperature, ten
“twenty or thirty degrees below that which
“they have enjoyed by day. This happens too
“when all the sensations are in abeyance, and
“they are no longer under the protecting

Extract from
Lancet.

“influence of the will. In the early morning,
“when sleep is deepest, the air is coldest, and
“probably the mouth is wide open so that the
“poor lungs have not even the protection of
“the nasal chambers. Lungs so exposed
“never get an opportunity to recover their
“tone. A slight cold perhaps starts the
“mischief, and then this constantly recurring
“irritation slowly but surely does its work.
“If the air be close and septic as well as cold,
“matters are rendered thereby so much the
“worse. The secretions become vitiated and

Extract from
Lancet.

“baccilli begin to swarm. The truth of my
“proposition seems to me to be abundantly
“proved by the behaviour of patients who are
“transported to an equable climate. Other
“things being equal the more equable the
“climate, the better the results. Patients do
“well in Australia, where the climate is
“more equable ; they do better still at
“Davos, where the climate is still more
“equable ; and perhaps best of all in
“some of the African steppes, where the
“climate is both equable and genial.
“To my mind this is demonstrated with
“the exactitude of an experiment. If
“people with undoubted consumption do get
“well and remain well whilst in these climates,
“the cause of their disease must be sought
“elsewhere than in heredity, diathesis and
“baccillus, all important as these may be in the
“course and progress of the malady. Con-
“versely I believe that there are certain
“favoured climates where consumption is un-

Extract from
Lancet,

Extract from
Lancet,

Extract from
Lancet,

Extract from
Lancet.

“known. But let us transport one of their
“inhabitants, whether man or beast, to this
“or a similar climate, and it is well known
“that they are almost sure to die of the
“disease. Does not the very course of the
“disease, as so ably explained to us by those
“who have made it their special study, seem
“to point to an ever-recurring irritation of
“feeble intensity; the gradually progressive
“mischief downwards from apex to base?

Extract from
Lancet.

“One can almost picture the brave little cells
“repairing the breaches by day that were
“made by night, and opposing, millionth of
“an inch by millionth of an inch, the onward
“progress of the foe, the thousand conceivable
“accidents that may occur explaining why
“one pair of lungs should succumb sooner
“than another. Dr. Fagge in his Principles
“and Practice of Medicine, places as the fore-
“most cause of consumption, ‘the habitual

Extract from
Lancet.

“breathing of air rendered impure by over-
“crowding and defective ventilation.’ But

“overcrowding and bad ventilation are not
“sufficient to account for consumption, or it
“would surely be rampant in the native huts
“of Iceland and other cold countries, where
“overcrowding is common, and ventilation, as
“we understand the term, is a sheer impossi-
“bility.

Extract from
Lancet.

“Dr. Fagge says: ‘One would hardly send
“a patient with consumption to Iceland, yet
“the Natives escape the disease.’ If their
“huts were as warm as our houses by day and
“as cold as our bedrooms by night, I believe
“that consumption would very soon make its
“appearance among the Icelanders. I well
“remember the shudder, which recurs as I
“write, with which many years ago I read
“Dr. MacCormack’s description of his bed-
“room at night, ‘As cool and breezy as
“the adjacent hills.’

Extract from
Lancet.

“I believe that it is a fact that he did
“not succeed in warding off the dread

Extract from
Lancet.

Extract from
Lancet.

“disease. His theory was that consump-
“tion was caused by breathing pre-breathed
“air. Hence he would have none of it. He
“was keen enough to perceive that the air
“at night had much to do with it.

Extract from
Lancet

“But he missed the essential point, viz.
“that consumption is induced by the con-
“stantly recurring irritation caused by
“breathing air colder at night than by day.
“It is well known that those who live most
“in the open air are the least likely to
“suffer from consumption. Why? Simply
“because their lungs are so accustomed to
“cold air that they are not irritated by it at
“night. Consumption is a disease of the
“night. It is so simply because we inhabit
“hot rooms by day and cold rooms by night;
“and many lungs find it more than they can
“do to accommodate themselves to the con-
“stantly recurring change in the tempera-
“ture. It will be obvious that my theory
“has a very practical bearing. If it should

Extract from
Lancet.

“lead the profession, and the public through
“them, to pay proper attention to the due
“warming of our bedrooms at night and all
“night long, especially in all cases of
“disease of the chest, I shall not have
“written in vain. If through this simple
“precaution, it should be found that con-
“sumption in this country may thereby be
“stamped out in the course of a few years,
“then my humble name, would perhaps
“deserve to rank with even that of Jenner.
“I fully believe that if some means, where-
“by a continuous supply of pure warm air
“could be given at night to those threaten-
“ed by and to those actually suffering with
“consumption, we should in the course of a
“very few years find that consumption
“was as rare in England as in Egypt or
“Iceland.”

Extract from
Lancet.

Extract from
Lancet.

From the above interesting article my readers will see that the writer lays great stress on the necessity of those prone to

Sleeping over
cow-sheds.

Fire in bed-
room.

Atmosphere
becomes
chilled.

consumption, to avoid breathing cold air at nights. His argument sounds reasonable enough, and I myself should be inclined to reason the same way. An old treatment in vogue in Scotland used to be for patients to pass the nights directly over cow-sheds, thus being enabled to inhale the warm air arising from the animals beneath. Doubtless sufficient attention is not given to maintaining an even temperature in bedrooms, and I think in those cases which require a fire, that unless it is kept up all night, it is practically of very little service; for the patient enters a heated room with a good warm temperature which exists for a few hours; then the fire goes out, and towards morning the atmosphere becomes chilled and the patient inhales cold air, which sudden change cannot be good for one who has a weak chest. Either a fire all night long or none at all. When practicable, I should

recommend the room to be kept at an equal temperature by means of heated air, in this way an equable temperature could be maintained as recommended by Dr. Shepherd's article. With all the modern improvements this would not be difficult to do, and I should think might be carried out at a very small cost.

Heated air for
bedrooms.

I am adding a few notes by Dr. Theodore Williams. "The consumptive patient" should inhabit a well-ventilated, well-drained house, built on a dry soil, sand or gravel; sheltered from cold winds and well exposed to the south, not hemmed in by trees, the most suitable for the neighbourhood of the house being of the coniferæ order. The bed-room should be lofty, provided with a fire-place for warmth and out-let ventilation; and unless the cubic space be abundant, in-lets for the supply of fresh air, in the form of vertical tubes, should supplement

Consumption-
Hygiene.

Hygiene.

Hygiene “the ordinary in draught of the door and
“window.”

Clothing and
exercise.

The under-clothing should be woollen, either flannel or lamb's wool, or perhaps in summer merino may be allowed. The object being to secure a good non-conductor of changes of the temperature which will, at the same time, absorb cutaneous moisture. The rest of the clothes must be adapted to the season, the invalids, male or female, always bearing in mind their greater liability to catarrh than ordinary persons, and using wraps freely, more especially when driving. Exercise must depend on the stage of the disease and the strength of the patient. In the first stage, especially when the disease is limited to one lung and no fever or hæmorrhage is present, active exercise in the form of walking is advisable.

Riding. Riding is excellent for a large number of patients, being intermediate between the

active and passive varieties of exercise. Riding.
Where the disease is more extensive and advanced, only the passive form of driving is possible.

The main point to be held in view is to give the consumptive a climate in which he can breathe freely, take abundant out-door exercise, and experience that amount of stimulating influence, which, while it improves his appetite and powers of digestion, does not irritate the mucous membrane of the lungs or increase the cough. Climate The selection is generally difficult and depends not only on the class of cases, but must sometimes be modified by individual peculiarities.

HIGH ALTITUDES.—The increasing mass of testimony in favour of this form of climate treatment for consumption, in both Europe and America, augurs that in a few years it will be used more largely. High altitudes. At present the Andes, the Rocky Mountains,

High
altitudes.

and the Alps, and even the South African Highlands are frequented by consumptives. In all these places there exists a distinctly specific influence apart from that of heat and moisture, in the form of diminished barometric pressure, which is shown in the patients residing at high altitudes. The chest becomes expanded and hypertrophy of the healthy lung tissue takes place. Patients in the first or third stage of consumption, with only limited damage, endowed with fair powers of circulation and able to take exercise, are the proper cases for this form of climate, and in many of such complete arrest of the disease may be confidently predicted. Bronchitis, pneumonia, pleurisy and catarrhs get on as well here as down in the plains, if they are at all cared for. Asthma is a complaint which does not give equal results, as one case will get decided benefit while another will be worse within a few hours of arrival, and

Other chest
complaints.

Asthma.

will get relief only on returning to the lower elevation. I feel convinced that asthma, the result of cardiac or even pulmonary lesions, does not do so well as those in whom the paroxysms of asthma are resultant of a bad digestion or other gastric trouble. Asthma is often hereditary, and then much can be done by careful dieting.

Asthma.

Asthma.

CHAPTER VII.

PALPITATION.

Hill climbing. It is a common expression of new arrivals from the plains to exclaim, oh ! these dreadful hills, I cannot get up them, they give me such a palpitation ; I am certain my heart is affected. This palpitation is usually caused by the extra exertion of the hill climbing and rarefied air, and except in cases where the heart is affected, is nothing to be alarmed about, and will soon pass off as one becomes accustomed to the higher elevation.

Palpitation
caused by ex-
tra exertion.

Caused by in-
digestion. Palpitation is frequently caused by indigestion and flatulency ; which distending the stomach, presses on the thin membrane between it and the heart, and disturbs the heart's action. These cases often occur in

the night, and are caused by eating a heavy meal and going to bed too soon afterwards, as before stated; the stomach becomes distended with wind, and interferes with the heart's action. Alarming symptoms have often been set up by this. Eating a heavy meal at night.

Palpitation may be, of course, caused by a host of other reasons. I will briefly enumerate a few, and then pass on to palpitation from organic disease of the heart.—Strong emotions, joy, grief, anger, fear, anxiety, great loss of blood, abuse of purgatives, intemperance, excessive use of tobacco, want of sleep, anæmia, hysteria and chest complaints, give rise to palpitation. Other causes.

Palpitation frequently accompanies valvular disease of the heart, and I wish to draw the particular attention of those visitors to the hills whose heart is in any way affected, to the great necessity of exercising extreme Caused by heart disease.

Caution to be
observed in
eating and
drinking.

care in their mode of living ; more especially in eating and drinking. A celebrated writer, Dr. George Harley, in an admirable paper which recently appeared in the *Lancet*, has drawn attention to this. He says in one part of his letter.—

Extract from
Lancet.

“It is, I believe, next to impossible to
“over-rate the desirability of impressing
“patients labouring under heart disease, as
“well as atheromatous degeneration of the
“blood vessels, with the absolute necessity
“of being extremely temperate in the use
“of alcoholic stimulants, if they wish either
“to live long or to ameliorate the disease
“of the circulatory system under which they
“labour. For alcohol taken in the form of
“spirits—brandy, whisky, gin, or rum—even
“in teaspoonful doses, by increasing the
“heart’s action, has quite as pernicious an
“effect on the organic structural disease,
“be its form what it may, as belladonna

Extract from
Lancet.

“itself. And I fancy all who have much
“experience with cardiac diseases, know
“well the intrinsic significance of this re-
“mark. In the early stages of organic
“disease of the heart or blood-vessels, judi-
“cious regimen is quite as essential to the
“well-being of the patient as wise treat-
“ment; for if the case be skilfully handled
“it is not only possible for death to be long
“averted, but even the effects of the organic
“changes reduced, and, like the cracked jug
“which goes often to the well, the life of
“the patient may be prolonged for years.
“While on the other hand, if the true
“nature of the case fail to be early re-
“cognised, and the patient goes on living
“as if there were nothing the matter with
“him, the disease rapidly advances, and
“ere long the time arrives when it is utter-
“ly beyond human power to avert a more
“or less suddenly fatal ending. After
“having so forcibly pointed out the bane.

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet. “ful effects of even small quantities of
“stimulants in diseases affecting the heart
“and blood-vessels, I think it is time for
“me to show that in these cases the laws
“of therapeutics are not like those of the
“Medes and Persians, unalterable. This
“arises from the fact that even the same
“forms of organic disease affecting the cir-
“culatory system occasionally differ very
“materially in their characters as well as

Extract from
Lancet. “in their course, not only from the special
“constitutional peculiarity of the patient,
“but likewise in a marked degree from the
“different circumstances under which he is
“placed ; so that stimulants may be employ-
“ed in one case as a useful adjunct to other
“treatment, in spite of their being abso-
“lutely forbidden in another. In all cases,
“however, their employment can only be
“sanctioned under medical advice, for from
“it being always much easier to put a
Extract from
Lancet. “thing wrong than to set a thing right,

“therapeutical combined with pathological
“knowledge can alone be safely entrusted
“to decide whether or not alcohol can be
“given either with advantage or with safety
“in any given case of heart disease. Even
“here, however, some general rules for
“alcoholic treatment can be notified. For
“there is no doubt whatever that in all
“cases of heart faintness, spirits, in the
“shape of brandy, rum, whisky, or gin, are
“potent heart revivers; especially when
“there exists no actual organic disease of
“the organ, and even in certain cases where
“there are valvular derangements, alcoholic
“stimulants may be had recourse to with
“marked benefit. Moreover, from the fact
“of alcohol being a powerful anti-flatulent,
“there is scarcely a single case of organic
“disease of the heart in which it may not
“sometimes be administered in small
“quantities at a time, with marked benefit.
“For it is an undoubted fact, though I

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet.

“fear far from being a generally appreciated
“one, that a stomach distended with wind
“is a most dangerous complication in heart
“disease. Mere gastric flatulence is some-
“times, indeed, the immediate cause of
“sudden death, [from the wind-distended
“stomach pressing up the diaphragm
“against the apex of the heart, and so im-
“peding its movements, in its weakened
“state, as actually to arrest them altogether.

Extract from
Lancet.

“Most of the cases, where patients labour-
“ing under heart disease are found dead
“in bed, after having retired to rest ap-
“parently in their usual state of health,
“soon after partaking of a hearty meal,
“are, I believe, due to the effects of pres-
“sure upon the heart, probably the result
“of the combined action of a distended
“stomach and falling asleep on their left
“sides. It is not easy to get statistics on

Extract from
Lancet.

“this point, for people are generally in
“such a state of excitement when they

“unexpectedly find a relative lying dead
“in bed, that they pay no attention to the
“position in which he is, and during their
“attempts to resuscitate him, before the
“arrival of a doctor, it has been altered.
“But as far as I have been able to ascertain,
“the body is most often found on the
“left side or back. From this I have
“become so strongly impressed with the
“danger attendant upon sleeping on the
“left side with a wind-distended stomach,
“(the discomfort arising from which may
“not be sufficient to awaken one from his
“sleep), that to every patient labouring
“under heart disease I give emphatic
“warning never to allow themselves to fall
“asleep, if they can possibly help it, on
“their left sides. And never at any time
“to permit their stomachs to become dis-
“tended with wind, but to get rid of it by
“eructating, either with or without the aid
“of an anti-flatulent, and this more

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet.

Extract from
Lancet.

“especially before going to bed. I think
“it may be said that the various facts
“adduced in this essay appear to prove :
“1.—That alcohol, when indulged in even
“well within the limits of temperance,
“has a most prejudicial effect on heart
“disease. 2.—That sudden spurts of
“muscular exertion act most deleteriously
“on all forms of organic cardiac affections.

Extract from
Lancet.

“3.—That mental excitement is a cause
“of rupture of atheromatous blood-vessels.
“4.—That a mere extra distention of a
“stomach by wind may suffice to fatally
“arrest a diseased heart’s action. The
“knowledge of these facts have for some
“years past led me to make it an invariable
“rule to impress upon all patients labouring
“under disease of the circulatory system,
“who desire to minimise the effects of their
“complaints and ward off as long as is

Extract from
Lancet.

“possible the inevitably fatal termination,
“to pay strict attention to what I call the

“following three golden rules: Take (1) Extract from Lancet.
“exercise without fatigue; (2) nutrition
“without stimulation; and (3) amusement
“without excitement.”

From the above interesting letter, it behoves those subject to heart disease to exercise extreme caution in their mode of living, especially on arrival in a hill climate. Over-exertion is to be particularly guarded against, and moderation to be observed in eating and drinking. Moderation in eating and drinking. And I would call the attention of those subject to heart disease, not to go to bed after a heavy meal; and to take a light dinner at night, Light dinner at night. and the chief meal in the middle of the day. For Dr. Harley has shown in his admirable article, how fatal this may be in these cases. Indeed, I question very much if advanced cases of heart disease should come to the hills,—anyhow not without the sanction of their medical attend-

ant. A little difficulty in climbing the hills on arrival must not be taken for heart disease, and is often common to new comers.

Avoid
too much
exercise.

Caution
in climbing
hills.

Suitability of
Hill climate
for Heart
disease.

Hill climate
for Heart
affections.

Those subject to even slight heart disturbances, on arrival in the hills should be careful at first not to try the heart by going up steep places, but keep on the flat as much as possible, and if there is occasion to climb hills take them slowly and stop every now and again to get breath. In concluding this chapter I think that a Hill climate is not unfavourable to those who are subject to heart affections; providing the mischief is not very great, and proper precautions be taken as already laid down. In advanced stages of heart disease, I think the elevation is too much, and the heart is not able to bear the extra strain. I recollect a case of advanced valvular disease of the heart coming up here in which urgent symptoms set in as soon as the

higher elevation was reached, and became most alarming in character; and it was only by prompt return to the plains that the urgent symptoms subsided.

Hill climate
for Heart
affections.

The recent death of the celebrated Mr. Matthew Arnold from heart disease, shows what a trivial circumstance may bring this about, in those subject to this complaint. It appears that the day previous to his death, Mr. Arnold had in a playful mood taken a slight leap, which did not at the time appear to have hurt him. It is not impossible, however, that his sudden death the next day had relation to such and similar indiscretions.

Death of
Mr. Arnold.

Death of
Mr. Arnold.

CHAPTER VIII.

INSOMNIA OR SLEEPLESSNESS.

Causes. In some visitors frequent complaints are made of bad nights; they find that in spite of change from the heat to the cold, they do not sleep so well. This at first would seem to be an anomaly, nevertheless it is perfectly true. After carefully studying the subject, and from notes of those cases I have come across, I think that among some of the few causes the following are the most common.

Causes. The first is indigestion; going to bed too soon after a heavy meal, the sleep is disturbed and a bad night is the consequence. Arrivals from the plains are not accustomed as a rule to heavy dinners, the chief meal being the mid-day one; the change of air however increases the appetite,

and those hitherto unaccustomed to dinners go in for them, often at the sacrifice of a good night's sleep. Another reason is over-fatigue. The rarefied air causes insomnia in some. Those who have had a lot of brain work and who are worried with business details, and overworked, are sufferers. Disordered liver is a very common source. Another is absence of the punkah; this seems a curious reason, but quite true. A friend of mine, a medical man, quoted this fact and said he could never sleep well in the hills; he missed the soothing effects of the punkah being gently pulled over him. Partial insomnia is very frequent, and is, I think, connected with disordered liver. It consists in waking after a few hours rest and being tortured by gloomy thoughts and turning and twisting about for hours, at last falling into a heavy sleep, which may be prolonged after the usual hour for rising, and getting up feeling heavy and unrefresh-

Causes.

Causes.

Causes.

Causes. ed. Excitement in others causes sleeplessness; after attending balls or parties. Again getting awakened suddenly sometimes prevents sleep for hours. Irregularities in retiring to bed, not going at the same time two nights following. Stimulants after dinner make the brain excited and sleep is prevented. Vitiating atmosphere, the room not being sufficiently ventilated, so that the sleeper has not a good supply of pure air. Another cause which has been described elsewhere is having the stomach too empty, especially towards the early morning. Such then are some of the most common reasons.

Symptoms. These are hardly worth describing, however I will try and mention a few of them. The most frequent form of insomnia that I have come across in visitors is that in which after retiring to rest and sleeping for a few hours the patient awakes and finds it impossible to get to sleep again; keeping awake for hours, trying all

sorts of positions; in the meantime the brain wakes up and becomes very active, the imagination is tortured by all kinds of gloomy forebodings; and this may go on for hours till finally sinking into a deep sleep, lasting till late into the morning, and rising with a heavy feeling about the head, at the same time feeling dull and depressed. This form of insomnia I undoubtedly connect with inaction of the liver, and think it can be distinctly traced to this origin. Another symptom is partial insomnia, in which the sufferer is disturbed by unpleasant dreams; it may be, is being hanged or falling down a steep precipice; the result is that the sleeper is constantly troubled and does not get a good night's rest. This is due to indigestion and constitutes nightmare. The sleep from overfatigue is characterised by extreme restlessness, though actual insomnia may not be present; yet the sleeper has a very bad night, wak-

Symptoms.

Symptoms.

Symptoms.

Symptoms. ing up in the morning feeling tired and played out. Should the patient be suffering from nervous depression and nervous debility, the sleep will be very light, the slightest noise waking him up with a start and probably throwing him into a state of perspiration. Another class of insomnia is to be found in those apparently in good health; but who from prolonged residence in the plains, require a thorough change.

Symptoms. These are the cases one comes across who say, I have nothing the matter with me but am sleeping badly, cannot make it out, and I used to sleep so well.

Prevention. In briefly describing this, I will say, Avoid heavy meals and do not retire to rest too soon after dinner. Take exercise in moderation so as not to produce excessive fatigue. Have your room well ventilated so as to give a free current of air without causing a draught. See that your bed is comfortable and mattress well

stuffed and not lumpy. Do not indulge in an exciting novel before retiring ; far better leave off reading an hour before going to bed or wade through one of Gladstone's speeches on Ireland. Avoid reading in bed, though I am of opinion, that should one wake up in the middle of the night and be unable to sleep, a little literature of not too exciting a character may help to distract the brain and enable one to drop off. Do not allow the liver to get sluggish and into a state of inactivity. If sufficient nourishment cannot be taken at dinner, have a cup of milk and an arrowroot biscuit by your bedside to take during the night. Try and avoid too long a residence in the plains without a change. Spirits at night after dinner are fatal as a rule, exciting the brain and causing restless slumbers. A mild stimulant is only admissible in nervous depressed cases, taken under medical advice ; but even this is often replaced

Prevention.

Prevention.

Prevention.

- Treatment. with benefit by a small cup of beef-tea or warm milk before retiring. Try and get at the cause first. If it arises from insufficient liver action this must be attended to. If it is merely from the change of elevation, it will pass off in a few days, as one gets accustomed to this. The cases from indigestion can be treated, and heavy meals avoided at night. An insufficient cubic space of air must be rectified by ventilators, so as to allow an in-draught of pure
- Treatment. air, but not directly over the bed. All modern rooms are aired at the top by small ventilators which can be opened or closed as required. Put aside all business worries, and read something light and cheerful after dinner, not going to bed until your food has had time to digest. A smoker should limit himself to one pipe or cheroot in the evening. Smoking in moderation is soothing, but when carried to excess often acts
- Treatment. quite differently. Another rule to be observ-

ed as far as possible is going to bed at the same time. Irregularity in this is very bad, every one should be in bed and asleep by 11 o'clock and be up by seven in the morning. I think that after twenty-six or twenty-seven years of age, seven hours of good sleep is quite enough for any one; under this age a good eight hours is requisite. In children under fifteen years, and over ten years, they can manage ten hours. Younger children even more, and infants sometimes will sleep twenty hours out of the twenty-four. It is a good habit to get up in the morning when you wake, providing it is not too early; you will find by doing this for a few mornings, that you are quite ready for bed early, and will get a proper night's rest. If my readers will note this fact, I think they will find it quite in accordance with my views, *viz.* that waking in the morning at 6 A.M., after a good sleep. Not rising, and being tempted into

Treatment.

Treatment.

Treatment. another nap often results in getting up again feeling heavy and stupid; the benefit of the first sleep being undone by the second. It is difficult to explain this theory, but nevertheless it is a true one; far better to get up at once than sponge on nature by further taxing her powers. Many a one wakes up bright and cheerful, with the world at his feet, but instead of getting up and enjoying the morning air, drops off into a drowsy nap, only to rise heavy and stupid, irritable with everyone and a nuisance to those around him. I will now add a few words about narcotics. To commence with, these should be never taken except prescribed by a medical man, and only for any length of time in special cases of organic disease where it is absolutely necessary. Many a good constitution has been shattered, many a home wrecked by this pernicious habit; prescribed to commence with in dire necessity it has been carried on after con-

Narcotics.

valescence, often without the knowledge of the medical attendant, and gone on from bad to worse, until it has so grown on the patient that he or she, as the case may be, cannot sleep without the nightly draught of chloral or some other narcotic; and so bad does the case become that any subterfuge, any strategy, will be resorted to, to obtain a supply of the drug. Home, children, husband, and friends are all neglected. Sad are such cases, and most difficult of treatment. If these come under notice in time, much can be done. I would not recommend an abrupt withdrawal of the narcotic, but a gradual diminution of the strength; this must be coupled with change of air and special attention to the nervous system. Chloral has a good deal to answer for. From my psychological experience in one of the largest private asylums in England, I am bound to say that, in the majority of the cases that came under my charge, shattered

Narcotics.

Narcotics.

Narcotics.

Choral. by narcotics, chloral was the most frequent drug which I found had caused the mischief. I am sorry to say that the fair sex were the chief sufferers. I could often distinctly trace the beginning to over-excitement at balls, parties or other places of amusement, then on returning home and being unable to sleep, having indulged in a dose—the syrup of chloral being the drug usually selected—and so having gone on from bad to worse. Let me warn my readers most emphatically about this practice, easy to get into, but most difficult to leave off when once commenced. I do not think the habit is indulged in so frequently in India as at home, but still it is to some extent, and cases have come under my notice out here from time to time. In certain cases of insomnia, the result of nervous debility and depression, bromide of potash or some simple narcotic may be required, under medical advice, to assist in tiding over the

Syrup of
chloral,

Bromide of
potash.

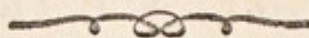
difficulty. A lengthened sea voyage and Treatment.
change of air is very beneficial in those cases which suffer from insomnia, the result of long residence without a change; you may feel perfectly well and yet cannot sleep; a few months change, and the effect is wonderful. Unless a good night's rest is obtained one is like a ship without a rudder knocking about the stormy seas of life with no haven of rest.

I have added a short extract from Dr. Murchison, one of the greatest authorities on liver.

Dr. Murchison writes thus, "Sleepless- Extract from
"ness may of course arise from many different Dr. Murchison.
"causes; but one reason is derangement
"of the liver. When this is the case the
"patient is often heavy and drowsy after a
"full meal, and he may fall asleep at once on
"retiring to rest; but after one, two, three
"or four hours, he awakes, and then he Extract from
Dr. Murchison.

Extract from Dr. Murchison. “either lies restless for hours, or he is
 “constantly falling asleep, dreaming and
 “awaking four or five times or even oftener.
 “Until the morning comes, when he drops
 “into a quiet sleep of an hour or more, or he
 “is obliged to get up tired and irritable. This
 “sleeplessness is often induced by particular
 “articles of diet, or by some unwholesome
 “combination of them. What will excite
 “headache, giddiness or disorders of the
 Extract from Dr. Murchison. “circulation in some patients, will in another
 “cause sleeplessness.”

A remedy much in vogue in England now for sleeplessness is the Firbalsam Pillow. These pillows have a soothing effect on the nervous sleeper, and are very beneficial in headache, insomnia and nervousness.



CHAPTER IX.

ADDRESS TO PLANTERS.

GENTLEMEN,—From my lengthened experience among planters in India, I feel that I should be wanting in courtesy, if I closed this little work without addressing a few words to you; and I trust that my remarks will be taken in good part, and prove useful to those who read them. A planter's life is one of continued risk and exposure, only those who have lived and worked amongst them can realize the risks they run. Year by year the already heavy list is steadily increased by those who pass over to join the great majority, victims of the climate. Young men who arrive from home strong and healthy, full of life and vigor, succumb to that deadly curse, malaria. Often situated away from European medical advice, suf-

Address to
Planters.

Life one
of continued
risk and
exposure.

Victims of
the climate.

ufficient attention is not paid to the health of the planter; he probably goes on getting slight attacks of fever which he treats as best he can, finally drifting into a debilitated state of health, and is carried off by the first sharp attack of malaria; his system not rallying sufficiently to throw off the poison. Planters, as a rule, are a happy-go-lucky sort, and pay little attention to attacks of malaria. With the great responsibility of large concerns on their hands they have no time to lay up, often going to their daily work with fever, trusting to a few doses of quinine to pull through; so it goes on until the liver and spleen become affected and constitution ruined. More attention should be directed to this and every planter ought to be overhauled occasionally. He may not be ill, but at the same time some advice is useful, and an experienced eye can detect a flaw when least expected—it may be only a trivial ailment, but

Slight attacks
of Fever to
not to
be neglected.

Working
with fever
on them.

Liver
and spleen
affected.

To be
overhauled
occasionally.

still require seeing to. Planters are somewhat careless about their health, being so wrapped up in the interests of their gardens that if medical advice is not handy, they seek it when too late, and irretrievable mischief is done. It is useless to expect a planter to ride miles and miles in a blazing sun to obtain medical opinion. It must be at hand. A monthly visit from the doctor is little enough, a friendly chat sometimes disclosing symptoms which otherwise would never have been noticed. To those proprietors interested in tea properties, I would most earnestly impress on them the necessity of seeing that their managers and assistants have furlough in due season ; many a valuable life has been sacrificed for want of a timely trip to sea. The planter, sooner than risk a refusal, will go on working till he drops, and the change comes too late. A trip to England every five years is absolutely requisite for those engaged in the plains

Careless
about their
health.

Not seeking
medical
advice in
time.

A monthly
visit from
the doctor.

Managers
and
assistants to
get furlough.

A trip
to England
every 5 years.

Constitution
becomes
imbued with
malaria.

A change
to be taken
in time.

Change of
air required
more
frequently.

Malaria in
the Terai.

and malarious districts, and in many cases oftener. Longer subjection to malarious influences means the constitution becoming so imbued with malaria that sooner or later it tells on the frame, and it is no easy work to repair the mischief done, numbers only going when dire necessity compells them, arriving home in such a state that their health never recovers sufficiently to allow them to return to their duties. A change being only beneficial when taken at an early stage. In my opinion, if change of air were ordered more frequently, less lives would be lost. Planters whose lot is cast in the Terai, the Dooars, parts of Assam, Cachar and Sylhet, all more or less suffer from malaria from time to time varying in severity. Perhaps, mostly in the Terai. The earth of this district is immensely rich and covered with dense forests, which being shut in by the vast mountain ranges, make free perflation of air impossible. This, at par-

ticular seasons of the year, causes it to be very unhealthy. Even those who live above the plains at a higher elevation are not always safe from the baneful poison; for malaria has been known to attack residents who thought themselves so elevated as to be out of harm's way. The malaria has been carried along by winds sufficiently strong enough to do so, yet not to dispel it. Currents of heated air will cause it to ascend far above its origin. Bungalows built above a malarious plain are often more under its influence than those below. Malaria, if helped by gorges and hot air currents, has been known to invade mountains at various heights. It is not wise to place bungalows on the edges of ravines supposed to be above fever level. A good belt of forest intervening between a malarious swamp and a bungalow is a great protection. Water acts in a similar way by its absorbing powers. As long as the earth is protected from the

Malaria at higher elevation.

Bungalows above a malarious plain.

Bungalows at edges of ravines.

Absorbing powers of water.

Absorbing
powers of
water.

sun by forest, it is not so bad ; however, after clearing the forest and before the land is brought into cultivation, is the time when the malaria seems at its worst.

Blue gum
tree.

The blue gum tree of Australia (*Eucalyptus globulus*) is supposed by some writers to be very efficacious in warding off fever, and is now popularly known as the fever tree, and has been extensively planted for protective purposes in various parts of malarious districts in Europe. The supposed virtues are said to be due to the camphoraceous constitution of the leaves of this noble, gigantic and rapidly growing tree. It is a well known fact that the extensive pasture lands of Australia are very free from malaria and this is attributed to the existence of large forests of the blue gum tree. This grows with amazing rapidity, and is a great consumer of moisture, thus exercising a drying influence on the sub-soil.

Blue gum
tree.

Malaria is the product of heat moisture and vegetable decomposition. Low, moist and warm localities are generally noted as malarious. Marshes when covered abundantly with water are not as a rule so dangerous. When the water level is lowered, and the moist soil exposed to the direct rays of the sun, the malarious^{*} poison evaporates. Yearly we see deaths from fever among the planting community. The fever may be of ordinary malarious type, but if neglected will often drift into what is called typho-malarious, which is malarious fever with typhoid symptoms. I am not going to enter into the treatment of this at length, as symptoms vary so with each case that it would be impossible for me to do so. I merely wish to jot down a few simple instructions, that might prove of service to those where immediate medical assistance is not obtainable. This fever runs a very rapid course and unless prompt treatment is

Malaria,

Deaths from
malaria.Malarious
fever drifting
into typho-
malarious.Instructions
for fever.Malarious
fever runs a
very rapid
course.

'Malarious
fever runs a
very rapid
course.

resorted to often proves fatal. In the absence of medical advice, the gravity of the case is not always recognised, until it goes from bad to worse.

Treatment in
time.

The treatment of these cases is comparatively easy provided they are taken in time, before head or liver complications set in. With the new medicines for lowering temperature, *viz.* the antifebrins and antipyrins, there should be no difficulty in

Reduction of
temperature.

reducing it. Antifebrin or antipyrin can be administered every two or three hours, the former in five grain doses cautiously increased to ten grain doses, and the latter in ten grain doses gradually increased to fifteen. The temperature must, how-

Temperature
to be watched.

ever, be watched, and it is as well to administer a stimulant mixture in conjunction with either of the powders prescribed to prevent collapse. When the temperature falls below 100, stop the pow-

ders, and administer a full dose of quinine. The patient to be kept in bed and the room cooled by punkahs. Ice is very ^{Efficacy of ice.} useful in allaying the thirst and vomiting usually present. Among the Stock-and-Block of every garden an ice machine should be included; both for sick- ^{Every garden to be provided with an ice machine.} ness among the Europeans and Natives it is simply invaluable. The strength must be carefully kept up by light nourishing diet, such as beef-tea, jugged soup, mutton ^{Diet in fever.} broth, together with jellies, light puddings and iced milk. Stimulants may be required if strength is failing, and iced champagne may sometimes be given with benefit. Brand's essence of chicken or beef can be administered in tea-spoonful doses at a time when from its small bulk it is not so liable to be rejected by the stomach.

Discomfort and pain over the liver is ^{Treatment of liver complication.} best treated by the applications of spongio

Treatment of
liver compli-
cation.

linen wrung out in hot water, or hot flannels to be constantly applied; an aperient to act on the liver must be given as well. The sickness can be allayed by sucking small pieces of ice or taking effervescing medicines, and a mustard plaister applied over the pit of the stomach. If the tongue becomes hard and dry with delirium the case is serious and

Typhoid
symptoms.

probably typhoid symptoms have commenced, together with which there will sometimes be diarrhoea and tenderness over the abdominal region. These cases often run a very rapid course and it is wonderful in a few days or even hours how complicated they become. Recovery is slow and tedious; but will be greatly accelerated if

Removal to a
higher elevation.

the patient be moved to a higher elevation as soon as the case permits, or taken for a trip on one of the large rivers.

Moving the
patient from

Even removing the patient from one room to another during the attack often

does good. These fevers cause great one room to another. prostration, and the invalid should not return to his duties until he is thoroughly strong again, or else he will become the subject of malarial cachexia; from which Malarial cachexia. we understand that the constitution has become so debilitated and enfeebled from malarious poisoning, that the blood is thin, with a larger proportion of white blood corpuscles than red, constituting anæmia. This state is usually coupled with enlarged spleen and liver. Then there is nothing for it but a long and permanent change and a sea-voyage. It is Sea-voyage. very easy to recognise one suffering from malarial cachexia; his sallow complexion, Malarial cachexia symptoms. yellow tinge about the whites of the eyes, loss of appetite, feeling of debility, inability for work and bad nights, and the slightest chill bringing on ague are the symptoms. Many go struggling on in this state, they know they are not the thing but

Departure not to be delayed. keep delaying their departure for various reasons. These cases require to be bundled neck and crop off the garden and sent away without delay. I have seen great benefit derived from a trip to some of the German watering-places, such as Hom-
 German watering place burg or Carlsbad; these waters are especially recommended for liver and spleen complications.

Sufficient attention not paid to living. I do not think planters exercise sufficient discretion in their living, and to this I wish to draw attention. Likewise to the pernicious habit of taking stimulants between meals; not that this is done to excess. Still planters do get into the habit; returning from the morning's work tired and exhausted a peg is taken; most probably he will find this freshens him up. So without knowing or thinking about any harm that might result from this, he gets into the way of having intermediate nips between
 Pegs.
 Intermediate nips.

meals. These are bad, very bad. Habershon, in his excellent work says, "From the
" free use even of wine and malt liquor we
" often find a state of subacute inflammation
" of the stomach produced. Congestion of the
" liver and enlargement follows. This state
" gives place to chronic dyspepsia, very frequently to the vomiting of blood and to a
" disordered state of the whole abdominal
" viscera. Organic degeneration of the liver
" and kidneys often succeeds, or chronic ulcer
" of the stomach with its attendant miseries ;
" an atheromatous condition of the arteries is
" another consequence of alcoholic imbibition,
" and this again becomes the cause of valvular disease of the heart, and may endanger
" life from apoplectic effusions into the brain.
" Alcohol may be a most valuable medicine,
" but the abuse of it entails innumerable
" miseries, and that which may be of temporary benefit becomes direct injury when
" unnecessarily continued ; the temporary re-

Extract from
Habershon.

Extract from
Habershon.

Extract from
Habershon.

Extract from Habershon. "quirements of disease and of a failing circulation are never meant to be the guide of normal health ; and if large doses of stimulant be continued, organic disease will almost invariably follow." A planter's life is

A planter's life a hard one necessarily a very hard one, and it is of the uttermost importance that he should keep himself in good health to be able to go through his arduous duties and to avoid the risk of malarious poisoning : with this aim

Regularity of meals. he must live well and have regularity in his meals. A sufficiently substantial meal is not always taken in the morning, to carry on till breakfast, usually at midday. The result being that nature becomes exhausted long before breakfast, and a peg is indulged in

A biscuit to be taken with the peg, sometimes to help along, without a biscuit or anything to eat at the same time which materially decreases the harm. In my opinion planters, from the robust life they lead, and living oftentimes in a malarious climate,

Stimulants at are none the worse for some stimulant, pro-

viding it is taken at the right time with meals. What I wish to point out is the irreparable mischief done to the great organs of the body, viz. the heart, the liver, stomach and kidneys by the habit of nipping between meals. The mischief comes on insidiously, one of the most frequent out-comings of this habit being chronic catarrh of the stomach, resulting in an accumulation of phlegm in the throat on rising, efforts to dislodge which cause vomiting. This is simply an inflamed condition of the coats of the stomach, due in some cases to cold, but more often caused by taking spirits on an empty stomach. At the midday meal light beer, as Pilsener, or claret and soda, are the most harmless kinds of stimulants suitable to a planter's avocation. Bass's beer and pegs are rather heavy at this time of day. At dinner a glass of beer, or claret or whisky and soda, might be taken if required. I likewise do not see the harm of a mild peg

the right
time.

Catarrh of the
stomach.

Catarrh of the
stomach caus-
ed by taking
spirits.

Suitable
stimulants.

after the work of the day is over and the sun well down. But this is often replaced with benefit by a glass of dry sherry and bitters. It is a bad symptom when one cannot face breakfast in the morning before going out, it means something wrong and is not natural. The interval between the meals is a long one, during which time all the hardest work of the day is done. It is a most deleterious habit to go out round the work, if the stomach is not well fortified ; with an empty one the system is much more susceptible to malarious influences. In the plains many indulge in an afternoon nap, this has been blamed by some. I myself think the secret is not to go to sleep too soon after your food ; then I do not see the harm of indulging in half an hour's rest ; provided you wake up refreshed and not heavy with a nasty taste in your mouth. Gentlemen, a good deal rests with yourselves, though you are exposed to great vicissitudes

Breakfast in
the morning.

Interval be-
tween meals
a long one,

Afternoon
nap.

Not to sleep
too soon after
meals.

of climate, yet with ordinary care in your mode of living, taking change in time and not being too indulgent, you ought to enjoy good health. Take note of attacks of fever. If you find they are coming too frequently seek advice in time and do not go on doctoring yourselves. I am afraid I have rather wearied your patience with this chapter but I have humbly endeavoured to draw your attention to a few facts that may prove of service to you. I hope no offence will be taken at my calling attention to the nipping between meals; I beg to say this is not confined to planters alone. The Lancet a few years ago pointed out, in an admirable article, the growing evil of this among business men in London.

Change in
time.

Seek advice
in time.

Nipping be-
tween meals
not confined
to planters.



CHAPTER X.

HILL CLIMATES.

Hill Climates. Mountain climates are distinguished from sea-side climates by the lower density of their atmosphere; their lower and less equable temperature; by less humidity, though owing to local winds mist and cloud often form; and by relatively lower night temperatures in clear weather, owing to the dryness of the air, and consequent greater radiation. They are cooler also than the inland climates of level districts, and this coolness tends to some extent to diminish the rarefaction and increase the density of the air. The general action of mountain air is to produce a freer circulation of the blood and greater vascularity of the lungs, owing to deeper and more frequent inspirations and greater ease of bodily movement. Owing to

Cooler than inland climates.

Produce free circulation.

the cooling of the body by the lowered temperature more food is required, the appetite improves, and the body becomes better nourished and gains weight.

More food
required.

Mountain climates are indicated in cases of hereditary tendency to consumption; in young persons with narrow, shallow, chests, and who are growing too fast; in young scrofulous patients; also in chronic consumption. The coolness of the mountain air in the height of summer is an important element in consumptive cases, which always suffer from great heat; as a tonic and restorative in persons suffering from overwork in business or literary pursuits and who have no real organic disease; generally, to complete the convalescence from acute diseases of individuals not past middle life, with a fair amount of muscular power and bodily activity; as a prophylactic against hay-fever, cholera and other infectious diseases. Mountain climates are not advis-

Indication of
mountain
climates.

As a restora-
tive for over
work.

Suitability,

able in cases of chronic bronchitis, heart disease, emphysema, Bright's disease, chronic rheumatism, or for aged persons.

(Quain's Dictionary.)

Darjeeling in
comparison
with other
hill stations

All hill climates are more or less damp at certain periods of the year, and I do not know that Darjeeling varies much in comparison with some of the others; perhaps the rainfall is heavier, averaging 120 inches for the year. Cloudy, misty weather is most prevalent in February, parts of May, June, July, August and September. The spring season commences about the third week in February and lasts till the end of May; the small rains begin in May, the proper rains setting in the middle of June and lasting till about the 20th of October, with intervals of fine weather. Winter may be said to commence after the rains are over, and last till the middle of February. The mean temperature of the station is 56°

Misty weather
prevalent.

The rains.

Fahrenheit. The most enjoyable time of year is latter part of October, November and December. Towards the end of December it usually becomes misty and damp, and we generally get some rain. The first part of January is often bright and clear, but towards the end of the month, thick penetrating fogs occur and it is very cold, usually followed by a fall of snow, then bright weather again. Frosts set in in November and December, and the weather is very fine and bracing. In my opinion November and part of December are the best months of the whole year for those invalids who require a bracing climate, and certainly for children. It is a great mistake taking children down so early to the plains. They should at least be kept up until the end of December. After the rains are over the climate is perfection, and I wonder more invalids do not come up for a change, this being most beneficial in many cases. The cool refreshing breezes coming

Months of
the year.

Fogs.

Taking children
down too
early.

Advantages
of the cold
weather.

straight from the mountains would invigorate any jaded frame. To business men overworked and worried, it is invaluable. You can be out all day long in the fresh air. The nights are frosty, making fires a pleasant luxury. The snows by moonlight look magnificent. Delicate children from the plains pick up in an astonishing manner. In many cases these months of the cold weather prove more serviceable than a sea voyage. The air of the hills is bracing and particularly rich in ozone, very suitable to debilitated constitutions from the relaxations of the plains. Indeed, to many a winter spent in a hill climate would do a great deal of good. But as a rule with the exception of a few tourists the hill stations are deserted during the winter months. About the end of October visitors begin to take their departure. This is all well and good for those in health, who have had the benefit of the whole of the season and are anxious to get

Invaluable to business men.

Cold weather most serviceable.

Bracing air.

Winter in the hills.

Hill stations deserted in the cold weather.

Departure of visitors.

back to their homes. But by children and invalids I think the most permanent benefit is to be derived from the hills from end of October till end of December; especially those cases who have had their system weakened by lowering disorders. True, the plains are pleasant in November and December, but they lack the bracing air of the hills. Excursions can be made to the snows, and a grand view obtained. Many invalids go up to the hills at the wrong time of year. For instance those subject to attacks of rheumatism must avoid the rains, mild genial weather with warm sun is required for these cases; April and part of May being good months, with usually an abundance of warm fine days. For chest complaints the climate all the year round is suitable, with the exception of end of December and January, when I think the extreme cold is too much, and these cases are benefited by a change to the plains for

Most benefit
derived in the
cold weather.

Invalids arriv-
ing at wrong
time of the
year.

Rheumatism,
Rains not suit-
able for.

Extreme cold
not suitable
for chest com-
plaints.

Rains not
adapted for
bowel com-
plaints.

Time to derive
most benefit.

Nervous cases

Judicious
treatment.

two or three months dating from the middle of December. The rains again are not adapted for those subject to bowel complaints, unless extreme caution is exercised; cases of bad diarrhoea having sometimes to return to the plains to get relief. Cases, the subject of nervous debility and depression from overwork, exhausting illness and climatic influences, will derive most benefit from a hill climate after the rains are over; the rainy misty weather is too depressing for such cases; more harm than good often resulting from the trip. By arriving the latter end of October, and staying till middle of December, the exhilarating climate puts ten years on to their life. This time of year is well adapted for all nervous diseases; I have had cases under my charge who have arrived utterly prostrated in both mind and body, and after a few weeks the effect has been marvellous. A little judicious treatment, combined with plenty of fresh air and excursions

to objects of interest in the vicinity of the station, has thoroughly restored them. In my opinion in many it does more good than a sea-voyage, because there is not the same confinement, the same monotony, being obliged to associate with people whether you like it or not—and above all lots of exercise can be taken which cannot be got on board. The main drawbacks to the sea are the impossibility of escape from bad weather, and the confinement to close ill-ventilated cabins if such occurs; the absence of sufficient light and air below decks, the latter being felt very much at night; want of variety in the diet; after a certain time, monotony in society and occupations; and lastly, inconveniences arising from overcrowding of the main-deck with hen-coops, sheep pens &c. &c., and in steamers from the smoke of the engines, and the smell and vibration of the machinery. So unless specially recommended, a trip to the hills at proper season will do more good.

Sea voyages.

Sea voyages.

Sea voyages.

Rains not suitable for Neuralgia.	The rains are not adapted for sufferers from neuralgia, the damp seems to bring this painful malady out; for neuralgic subjects March, April, and May, end of October, November and part of December are suitable months.
Sun powerful.	The sun is often very powerful in the middle of the day in the Spring and some kind of protection for the head is re-
Protection for head.	quired, other than the ordinary black hat worn; cases of sunstroke have come under my notice from want of proper covering. Though we have a heavy rainfall in Darjeeling, it perhaps raining heavily for hours in succession,
Rains.	still the rain runs off very quickly, the place soon drying up, and it is rather an exception to the rule when one cannot get out for a few hours in the day. I do not think the rains harm those in good health, provided damp
Changing clothes after getting wet.	clothes and socks are changed on returning to the house; this precaution should never be neglected. Children do remarkably well, and the rains do not seem to affect them, as

long as they wear plenty of flannel. Outbreaks of measles, whooping-cough and chicken-pox break out occasionally, but they are usually of a mild type. Pale anæmic children come up from the plains, and after a short residence in the hills get bright, happy and rosy. In concluding this chapter I must caution invalids who come up to the hills for a change, that if they wish to derive much benefit from the climate they must not be imprudent. They must cloth themselves lightly but warmly, substituting a silk and wool banian for the ordinary one worn below. Be careful about bathing in cold water—it is better to put a dash of warm in and render it tepid—cold bathing is too great a shock to the liver. And those who can indulge with impunity in cold bathing in the hills are few in number.

Epidemics.

For children.

Warm clothing to be worn.

Bathing in cold water to be avoided.



CHAPTER XI.

SANITATION OF DARJEELING.

Sanitation. In writing this chapter on Sanitation I can only refer to Darjeeling; but from information I have obtained, I believe the sanitary arrangements of all the hill stations

Water supply. to be equally as good. The water is brought in pipes from mount Senchal, a distance of some four or five miles, to a large reservoir situated just above the Mall, from whence it is distributed throughout the Station. The water is of excellent quality, pure and sweet, and is derived from natural springs. Hitherto the water-supply has been ample, and still is for all practical purpose; but the Sanitary Commissioner very rightly states in his last report, that the supply should be increased, so as to have a larger quantity

Water supply. for flushing the drains. The subject is now

under the consideration of the Commission- Water supply,
ers. In the Sanitary Commissioner's last
report he says the water supply is still,
however, insufficient for all sanitary needs.
In a place like Darjeeling house drains
require to be constantly flushed to keep
them sweet, and the present supply is in-
adequate to provide for this. Dr. Lidder-
dale recommends that more water should
still be brought into the station. The mat-
ter is now before the Commissioners; and a
committee has been formed to go into the Water supply,
question; and doubtless ere long the scheme
will be carried out; and an additional
quantity of water provided. The drainage
of Darjeeling is being steadily improved by Drainage,
replacing the old uneven drains with
smooth Mirzapore stone; thus no deleterious
matter will remain, as hitherto it has been
liable to do, and in hot dry weather de-
compose and give off bad smells. These
smooth drains are very easily flushed and Drainage,

Drainage. any decomposing substance can be seen at once. The Municipality are doing their utmost to get the drainage completed and in a short time Darjeeling will be one of the best drained stations in India. From the situation of the station, it has a great natural drainage; water soon runs off; and even after very heavy rain it is wonderful how quickly it dries up. The drains are all flushed and kept clean by gangs of

Drainage. sweepers under a European Inspector; and every effort is made to keep them clean and sweet; the freedom of the station from epidemics proves how well this is carried out. All street sweepings and refuse are

Conservancy. collected and removed by carts, and discharged down a 'khud,' by means of a wire tramway: this is done daily. Night soil is carried away by sweepers and entrenched at some distance from the station in suitable ground, every effort being made to preserve

Conservancy. the health of the station.

The roads are kept in good order and are being steadily metalled,—all dangerous places are being fenced in.

Roads.

From an experience of nearly four years I think that Darjeeling is a very healthy station ; and free from all epidemics such as typhoid fever and diphtheria. Its close proximity to Calcutta renders it easy of access and suitable for invalids requiring a change of climate. Yet we must bear in mind that visitors require something more than climate, and we are far behind continental cities in respect of amusement and surrounding. Darjeeling has great natural advantages. It has beautiful scenery and excellent air.

General
health of
Darjeeling.

As a health
resort,

In an interesting letter in the *British Medical Gazette* which recently appeared, the writer in referring to continental cities—and this can be applied to Hill Stations—writes as follows. “ But we must not

As a health
resort.

As a health
resort.

“make the mistake of regarding health re-
“sorts as places solely for medical treatment,
“forgetting that amusement and mental
“distraction are not only pleasurable to all,
“but absolutely indispensable to the sick;
“and we fall into the practical error of
“assuming that sanatoria can provide suffi-
“cient recreation without organisation and
“co-operation. We need to realize, first,
“that a health resort has not fulfilled all its

As a health
resort.

“duty, when it has built fine hotels, secured
“an impeccable water supply, and cleaned
“its drains; and secondly that adequate dis-
“traction and amusement cannot safely be
“left to the accidents of individual enterprise,
“but require united and Municipal effort. A
“health resort must first be healthy and then
“attractive. It must aim at securing as
“many as possible of the conditions which
“check disease and promote recovery, and
“it must provide ample and varied relax-
“ation for convalescents and their compani-

As a health
resort.

“ons. Nor should it be forgotten that the
“presence of every invalid entails on an
“average the presence of two or three others,
“friends or attendants, who are not invalids.
“A health resort which provides sufficient
“occupation and amusement for this latter
“class will have gained an additional claim
“to consideration.

As a health
resort.

“We must not be ashamed to amuse the
“sick, and both sick and healthy may with
“advantage occasionally devote some serious
“thoughts to those arts which promote the
“best and most advantageous utilisation of
“leisure hours and holiday seasons.”

As a health
resort,

Doubtless a great deal has been done,
and is still done to render the station at-
tractive. It is in contemplation to convert
a piece of ground on the Lebong Spur just
below Darjeeling into a recreation ground
for polo and racing. The sooner this is
carried out the better, and it will be a great

As a health
resort.

As a health
resort.

boon to the visitors and residents. We require more trees, and more shade, and still additional seats. Invalids cannot walk far at a time, and it is a great comfort to them to be able to rest at short intervals, when taking a constitutional.



CHAPTER XII.

CONCLUSION.

Passengers now start from Calcutta from the Sealdah terminus of the Eastern Bengal State Railway by mail train at 3-55 Madras time, arriving at Damookdea at 8-35. The ferry steamer carries passengers across the Ganges to Sára on the left bank, where the terminus of the Northern Bengal State Railway is situated. During the passage, dinner is obtainable on board the steamer at a moderate rate. At Sára the journey is continued to Siliguri, which latter station is reached at 7-50 A.M. Owing to the oscillation it is often difficult to get to sleep, for those unaccustomed to night travelling. Jalpaiguri is reached in the morning about 7 A.M. and a good cup of tea or coffee can be had. At Siliguri a first-rate breakfast

Journey to
Darjeeling.

Journey to
Darjeeling.

Journey to
Darjeeling.

Journey to Darjeeling. is always served. The Himalayan Railway commences at Siliguri. Darjeeling is reached at 4½ P.M., Tiffin being served at Kurseong.

Precaution on the journey. With moderate care the journey from Calcutta can be taken without any risk as regards getting a chill, which might lay the foundation of serious illness. Cases of this description have come under my notice;

Avoidance of chills. when I have distinctly traced the origin to an exposure on the journey up. When the train is entered at Sara it is often very warm, and one is inclined to open all the windows and not to keep a sufficient

Care on the night journey. covering, forgetting that as the journey progresses the atmosphere gets cooler, and towards morning is quite chilly. One is apt to drop off to sleep and forget this, the consequence being a chill; so I beg to

Warm clothing to be put on in the morning. caution travellers. On dressing in the morning before reaching Silliguri warm clothing should be put on. And an ulster should be kept ready, if needed. It is

such a great change from Calcutta, that great prudence must be exercised to avoid any bad consequences from the journey.

To some in delicate health the hill rail-Train sickness way acts in much the same way as the sea, causing a feeling of nausea. For this cocaine tablets can be tried; and patients must not travel on an empty stomach. To those in bad health and not strong I would recommend the invalid carriage, which is specially built for invalids, and has a comfortable spring couch to recline on, which reduces the jolting and is less likely to bring on sickness.

Cocaine tablets.

Invalid carriage.

• This is magnificent. After passing Sukna, a station 9 miles out from Silliguri, the ascent commences, through a dense forest; the mountain streams rush and roar down the hills and along the bottom of the deep gorges; the railway winds in and out along the hill-sides. Looking out on either side

Scenery.

Scenery.

Scenery. one is struck with awe and admiration at the wonderful views. The cool refreshing breeze after the fever-stricken plains gives new life and vigor to the system.

Figure of
eight.

Reversing
stations.

Goomties.

Kurseong.

Advisability
of breaking
the journey at
Kurseong.

A little beyond Teendaria, a station 18 miles from Silliguri, a most remarkable piece of engineering skill is to be seen, the railway here describing a distinct figure of eight. At Gyabari, the next station beyond this, there are reversing stations, the train going backwards and forwards several times. Beyond this the Goomties begin, these are large zig-zags along the side of the hill for some distance. Kurseong is situated at an elevation of 4,500 feet above the sea level, and magnificent views of the plains, Balasun valley, and Kinchinjungha, the second highest mountain in the world, can be obtained on a clear day. Kurseong has a first-class hotel with every accommodation. In my opinion it is often advisable to break the journey here, and stop for a

few days before proceeding to Darjeeling, so as not to make the change too sudden; this especially applies to those in delicate health, who in many cases would be benefited by resting for a day or so. It is a very pretty place, possesses lovely scenery, and is surrounded by Tea gardens; some of the walks in the immediate neighbourhood are charming,

Advisability
of breaking
the journey at
Kurseong.

The remainder of the journey is about 19 miles and the scenery is very varied. Tea gardens can be seen scattered here and there, their neat bungalows and factories forming a picturesque scene.

Kurseong to
Darjeeling.

This is the last station before reaching Darjeeling. It is often very cold here, with a keen cutting wind; and I would caution travellers to see that they are well wrapped up while the train is stopping, which it usually does for half an hour. Ghoom is situated in a gorge, with high rocks

Ghoom.

Ghoom.

Ghoom. on the one side and the station on the other, converting it into a sort of funnel which renders Ghoom one of the chilliest stations on the line. Ghoom has an elevation of 7,400 feet. Passengers for Jellapahar, the military convalescent depôt, alight here.

Ghoom to
Darjeeling.

This is about 4 miles and the line descends all the way to Darjeeling. 2 miles out from Ghoom the first views of Darjeeling are obtained, and if it is a fine day, the mighty range of snows can be seen standing out in bold relief, forming a splendid panorama; the station dotted with its villa residences making up a pleasing picture.

Arrangements
to be made
beforehand
for rooms.

Though Darjeeling has no want of accomodation in the shape of hotels and boarding houses, it is better to make previous arrangements regarding rooms. This applies as well to all hill stations.

Food supply.

Darjeeling is very well off in this respect, and the visitor will have nothing to

complain about. Mutton is excellent and of very fine flavor. Good beef is usually obtainable. The mistake, however, is often made of not hanging the meat sufficiently to make it tender, which except in very muggy weather can always be done. Fowls, geese, ducks and pigeons can be bought in the market on Sundays. Good fresh milk is procurable but care must be taken that it is not adulterated, as is sometimes the case.

Mutton and beef.

Hanging the meat.

Poultry.

Milk.

This is manufactured at the jail and is of first-rate quality.

Bread.

Can be had nearly all the year round, either in the Bazaar or from the Jail and Botanical Gardens.

Vegetables.

December and January are the months for oranges, when large quantities of this delicious fruit arrive from Sikkim. Plantains, pineapple, pears and peaches are to be had in the rains. The pears and peaches how-

Fruit.

Fruit. ever are only fit for stewing. Guavas and raspberries, the latter being gathered in large quantities on the hill sides round Darjeeling and brought in for sale. Strawberries grow at a lower elevation.

Fish. In the cold weather this is brought from the Teesta and Rungeet rivers arriving fresh and in good condition. I will just briefly mention a few of the places of interest in the immediate vicinity of Darjeeling that can be visited by invalids without fatigue, for it is essential to every one coming to a hill station for health's sake to make as many excursions as possible and to keep the mind occupied.

Places of
interest in the
immediate
neighbour-
hood.

Botanic
garden.

Is situated directly under the Eden Sanitarium and is within easy reach; it is a pleasant walk down, but rather a steep ascent and it is advisable to take a pony or dandy to come up on. The garden is well timbered and artistically laid out, with

numerous flower beds constantly blooming with a variety of attractive flowers. In the middle of garden there is a splendid conservatory constructed of plate glass and iron. The botanic garden is well worth a visit, it has numerous seats and gothic summer houses. So invalids can sit down in the shade and enjoy the scenery. The smell of the flowers, and pleasant note of the cuckoo heard in the spring never fail to bring back pleasant recollections of the old country.

Botanic
garden.

Forms a nice walk or ride round; but it is too far except for those in good health; being fully 4 miles, with a sharp pull up whichever way you go. Magnificent views are to be obtained on a clear day of the snows, and valleys intersected by tea plantations.

Birch hill.

Is situated on the Birch Hill road below the Shrubbery; it contains many pleasant

The Park

The Park. little nooks and seats with occasional peeps at the snows. It is wiser to take a pony or dandy on these excursions, anyhow to commence with, to avoid overfatigue,

Mount
Senchal.

Is 6 miles away from Darjeeling and is the nearest point from the station which gives a good view of Mount Everest, the highest mountain in the world. It is well worth a visit and the views are grand. A still better is to be had by climbing Tiger-Hill which is 1,000 feet higher.

Rungaroon.

This pleasant resort for pic-nics is some 6 miles from Darjeeling and can be reached either by the Calcutta road to Ghoom or viâ Jellapahar. There is a forest bungalow which is always available if permission be asked beforehand.

Victoria
water-fall.

Is well worth a visit in the rains and forms a beautiful cascade; it is below the railway station and can be reached by the

Other walks. Victoria road. The Calcutta road which

starts from the Chourasta is a fairly level walk or ride. The Auckland Road is very pretty, and those who want a nice promenade on level ground will find the Mall meet all their requirements. Other walks.

For trips to the snows, cane bridge and Teesta, special arrangements must be made. Full information can be found in the Guide to Darjeeling by Dr. O'Brien. These trips however should only be taken by those who are strong, and in good health. The trip to the snows occupying several days, ample arrangements must be made for stores &c., and the rest-houses secured beforehand.

Excursions to
the snows,
Teesta and
Rungneet.

I have endeavoured in these few chapters, to bring before my readers some of the most common ailments met with in the hills; and it has been my earnest endeavour to put the facts briefly and plainly before them. I trust that my labors have not been

Concluding
Remarks.

Concluding Remarks. in vain, and that the advice tendered may prove useful to visitors to the hills, by pointing out some of the mistakes made by new arrivals.

2, ULICK VILLAS, } S. O. BISHOP.
Darjeeling, May 1888. }



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A	Pony with Lady's or Gentleman's Saddle used in Station per day	...	...	...	...	...	3	0	0
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A	do. do. accompanied by Syce and Grass Cut, with food for long journeys, viz. Sundakphoo, Phalut, Teesta and Rungeet Bridge, Kalimpong, Sikkim Frontier, &c. &c., per day	...	...	...	...	...	5	0	0
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SODA WATER	"	...	...	...	...	0	12
GINGERADE (Real)	"	...	...	...	...	1	4
LEMONADE	"	...	...	...	...	1	4
TONIC (QUININE)	"	...	...	...	...	1	4
GINGER ALE	"	...	...	...	...	1	4
ORANGEADE	"	...	...	...	...	1	4
NECTARADE	"	...	...	...	...	1	4
SELTZER WATER	"	...	...	...	...	2	0
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