

away by a wave of men, in all stages of undress, rushing pell-mell toward the Scotchman's "cabin." And this is what we saw :—

The luggage lay in a heap on one side of the compartment; the floor was strewn with two or three rugs, fallen one over the other; the little fold-up writing-table was littered with papers, evidently the fruits of the "wark" at which their owner had hinted; and in the midst of all this confusion lay the victim himself, with a plate of cold turkey and ham in his lap, a huge black bottle of Scotch ale at his mouth, and his face radiant with enjoyment!

"What? you ain't dead, then?" shrieked the guard, in a tone of disappointment bitter enough to melt a paving-stone.

"Deid?" echoed the Scot, between two tremendous

gulps of ale. "Weel, ma freend, I think I may say wi' confidence that I'm not!"

"And what in thunder made that air row, then?"

"'Deed, I'm thenkin' it's jist thon cork pappin' oot o' the boatle," said the North Briton very coolly.

The *clap* of laughter that followed shook the whole car; and again and again the roar was renewed, till, swelled every moment by fresh arrivals, it rolled away over the silent prairie like a peal of thunder, doubtless startling very considerably any passing Indian who happened to be within ear-shot.

There was little more rest for us that night. Time after time, just as everything was quiet again, a deep guffaw or a shrill feminine titter from some neighbouring berth told how thoroughly the "sell" of the night was being enjoyed.

EVERY-DAY AILMENTS, AND HOW TO DEAL WITH THEM.



NEXT to knowing what to do in case of accident, it is useful to know how to deal with every-day ailments. To these all are liable; and though they may be considered so trifling that they do not call for medical assistance, nor render it necessary, that those suffering from them should cease from daily work, yet they diminish energy, and cause a large amount of untold, unpitied misery; and, more than that, when neglected, often prepare the way for serious disorders. At the same time, if the mischief were dealt with wisely and promptly, it might again and again be brought to a timely because speedy end. I propose, therefore, to give a list of these ailments, and to say what I believe to be the best way of treating them.

Cold in the Head.—Foremost amongst the ills to which those are liable who inhabit this privileged island, stands this foe to cheerfulness and peace. How can a man be cheerful and at ease when tears are streaming from his eyes, and he can only talk through his nose? Once let him be thoroughly possessed by a cold in the head, and it is of no use his trying to be energetic, or dignified, or virtuous, or amiable, or beneficent: he will only fail utterly, and had better resign himself to gruel and blankets. It is my belief that when a cold has got into the system, there is nothing possible but endurance. It will have its time, and he is fortunate who can so deal with it that it shall not become more than a cold, and grow into bronchitis, inflammation of the lungs, or rheumatism. Nevertheless, the arrival of colds may be prevented, and their discomforts may be alleviated. They may be prevented to a very large extent by temperance, good living, warm clothing, and regular exercise, daily bathing in cold water, and the use of common-sense. The morning cold bath is a most valuable preventive to a cold, for it renders the body less liable to the effect of sudden changes; and I have myself met with several instances in which the proneness to take cold

seemed to have been put an end to by a regular daily use of the cold bath. The way to prevent colds is to keep up the circulation by exercise, to avoid damp clothing, to wear good boots, to take plenty of wholesome food, and after getting either very warm or very cold, to bring the body slowly and gradually, instead of suddenly, to its proper warmth. Supposing a person gets very cold, the worst thing he could do would be to draw up at once to the fire and take something warm. Far better to keep away from the heat till the cold feeling has passed off, and refrain from warm drinks for a considerable time. When it is necessary to face the elements in very bitter weather, it is a good thing to rub the nostrils with sweet oil, and then to breathe through the nose instead of the mouth. This is a very old-fashioned precaution, but one which is by no means to be despised.

Most people can tell the exact moment when they take a cold. A peculiar chilly, disagreeable feeling, more easily realised than described, gives the information. Now for immediate action. If possible, take a Turkish bath. If this cannot be had, take three or four drops of spirit of camphor on a piece of sugar every fifteen minutes, till five doses have been taken, and the cold will most likely take its place amongst the ills that might have been. If it still go on, drink a little warm tea or gruel, wrap up very well, and take a brisk walk until the skin is moist with perspiration; then return home, and cool gradually. When bed-time comes, take a basin of gruel sweetened with treacle, and put an extra blanket on the bed. If these means are not successful, put the feet in mustard and hot water if practicable, take an aperient, a basin of gruel, a dose of nitre and sal volatile, and stay in bed an hour or two longer than usual, and so try to throw the cold off by perspiring freely. Before dressing to get up, rub the body all over briskly and for two or three minutes with a coarse towel. If this plan is not feasible, dress warmly and bustle about, but on no account sit over the fire in a heated room and take hot

drinks, for it will only increase the mischief. The discomfort arising from constant running at the nose may be relieved by putting a tea-spoonful of sal volatile into a jug of hot water, and inhaling the steam.

Chilblains.—Chilblains arise from defective circulation, and the best way to prevent them is to keep the feet and hands constantly warm, either by exercise or friction; and if they get cold, to warm them gradually, and not suddenly. Amongst other remedies may be mentioned—rubbing the part affected two or three times a day with a raw onion dipped in salt; with strong brine; or first with laudanum, and afterwards with a coarse towel; with a liniment made of two parts of camphorated spirit, and one part of Goulard's Extract; with a liniment of one tea-spoonful of mother tincture of arnica, and two table-spoonfuls of soap liniment; or with equal parts of spirits of turpentine and olive oil; or with an ointment made of an ounce of lard mixed with a tea-spoonful of mustard; or with a lotion made of a pennyworth of bluestone dissolved in a pint of boiling water. The best of these remedies, which are all good, is, I think, strong brine, such as is used for pickling meat. When the chilblains are broken, and are very painful and inflamed, apply a bread-and-water or linseed-meal poultice, and renew it two or three times a day, and afterwards dip a rag in calendula lotion, and lay it on the part; or melt a little mutton suet, and whilst it is warm, mix with it as much common kitchen whitening as will form a thick paste, and lay it on the part. When the chilblains are ulcerated, make an ointment by mixing equal parts of turpentine and honey, and adding as much flour as will form a thick paste. Spread a little of this on rag, and lay it on the sore. The intolerable itching which arises from unbroken chilblains may be relieved by putting the feet for five minutes in hot water, and then plunging them at once into cold water, or by rubbing the place till it tingles with a piece of flannel dipped in cayenne spirit.

Coughs, Sore Throat, and Hoarseness.—These symptoms are the result of constitutional disturbance, and when this is removed they will disappear. They arise from various causes, and when very severe call for medical treatment. It would obviously be impossible to give here directions for their cure, seeing that they differ so much in kind. Nevertheless, the following medicines will be found excellent for simple cases. The first is for children, the second for grown-up people:—

1. Take a table-spoonful of ipecacuanha, two table-spoonfuls of treacle, and two of water. Mix these together, put them into a bottle, and give a tea-spoonful when the cough is troublesome. When it is very tiresome, twenty-five drops of chlorodyne may be added to this mixture.

2. Take two ounces of Spanish liquorice, half a pound of moist sugar, the juice of two lemons, and a pint of water. Boil these very gently until the liquid is reduced to half, then add one ounce of peregoric. Give a dessert-spoonful when the cough is troublesome.

A little tickling cough that arises from cold may frequently be relieved by sucking potash lozenges,

which may be bought at any chemist's for threepence or fourpence per ounce. A piece of new flannel worn round the throat for a few days will often cure a sore throat; and a wet compress renewed every five or six hours is a most valuable remedy for the same complaint. This compress consists of a piece of linen of three or four thicknesses which has been wrung out of cold water being put round the throat, and then covered entirely with three or four folds of flannel. Hoarseness amongst children should be carefully watched, as it may be the beginning of croup.

Stye in the Eye.—The formation of a stye may be frequently blighted if pulsatilla be taken as soon as it is felt—a drop every four hours. If after this the stye is developed, it will neither be as painful nor as unsightly if this medicine has been taken. When the stye is formed, it should be bathed frequently with a lotion of rose-water and zinc, which may be bought of any chemist, and which will ease the pain and hasten the cure. When very painful, a parsley poultice—that is, parsley-leaves washed, boiled till quite soft, and laid in soft muslin—may be laid on the stye. Great care should be taken not to let the cold get into it after it is broken.

Hysterics arise from want of self-control, caused by debility or nervousness, or some physical or mental disturbance. By no means express any sympathy with the patient; indeed, speak to her rather sternly than otherwise; splash her face with cold water, loosen her dress, and put a salt-spoonful of salt into her mouth. On no account administer stimulants unless under medical advice.

Toothache.—The shortest way to cure toothache is to go to the dentist, and either have the tooth out or properly attended to. If the pain come on at a time when this cannot be done, strong spirits of camphor may be dropped on a little piece of wool, and put to the tooth, and this is almost sure to give temporary relief. Or make a little strong warm salt and water, put it into the mouth, hold it near the tooth, and in two or three minutes spit it out. Repeat this two or three times. Or wash the mouth out with cold water two or three times. Or rub the gum and side of the face with oil of cloves. Toothache very often arises from indigestion, and an aperient dose will be the best cure. The best way to prevent it is to brush the teeth every night with a soft brush and a suitable dentifrice. If parents were careful to take their children to a clever dentist every three months during the time that the second teeth are coming, and have them examined and properly attended to, there would not be nearly so much toothache as there is.

Headache.—This complaint is the result rather than the cause of constitutional disturbance, and will disappear with returning health. There are several kinds of headache, which require treating differently according to their nature. The most usual headache, sick or bilious headache, often arises from neglect of diet and the laws of health. The common practice of flying at once to aperients cannot be sufficiently deprecated, as though these medicines may relieve for a time, they only confirm the disorder. The right thing is to study

the diet, and take such food only as will suit the digestive powers, together with exercise, daily bathing, and regular hours. With young people it will generally be found that fruit freely partaken of will be the best of all medicines. There are numerous palliatives to headache. Amongst these may be mentioned a brisk walk, a cup of strong coffee, bathing the temples with vinegar and cold water, putting the feet in hot water for ten or twelve minutes, sleep or perfect rest, brushing the hair vigorously, smelling strong salts, or scraped horse-radish, or eau de Cologne, or aromatic vinegar. The efficacy of these depends upon the cause of the complaint. If the bowels are regular in their action, if over-fatigue, excitement, and cold are avoided, headaches will not occur very frequently.

Fainting.—Lay the patient on his back on the floor without any pillow under his head, and splash cold water vigorously on his forehead, rub his hands and feet, and apply strong smelling-salts to his nostrils. As soon as he is able to swallow, give him a little wine or weak brandy and water. Open the window, keep the room cool, and do not let three or four people crowd round him. Those who are subject to fainting should be careful to keep the bowels regular, the mind free from excitement, to avoid unwholesome food, and to take exercise.

Earache.—Put a hot linseed-meal poultice upon the ear, renew it when required, and when it has done its work, put a little cotton wool into the hollow for fear of cold; or, put into it a roasted onion, as hot as can be borne, and covered with muslin. If this fails to give relief, let the patient hold his head on one side, and drop into the ear a little warmed laudanum or bay-leaf oil. If an offensive discharge follow pain in the ear, a medical man ought to be consulted.

Bowel Complaint.—This disorder may so soon become serious that it should not be trifled with. One of the best remedies that can be taken when it first commences is camphorated spirit, four drops on a lump of sugar every ten minutes. Unless it does good, however, it should shortly be discontinued. Keep the patient warm, and if severe pain is felt in the stomach, wring a flannel out of boiling water, put six or seven drops of turpentine on the surface, and lay it on the stomach. If the water is *quite* boiling, the turpentine will not smart nearly so much as if it was only warm. Avoid hot drinks, and give arrowroot, boiled milk, or barley-water to soothe the pain. It is a wise thing to have, especially in hot weather, a diarrhoea mixture always in the house. This may be obtained of any medical man or clever chemist, and may prove of great service in the dead of the night. Camphor ought always to be at hand, as it is useful for so many things.

Croup.—This terrible malady requires prompt and vigorous treatment, or it may speedily prove fatal. On this account no mother ought ever to be without ipecacuanha wine in the house. Directly the metallic cough peculiar to the complaint is heard, give the child a tea-spoonful every ten minutes till he vomits freely.

He is then safe until medical aid can be procured. He should be kept in a warm room two or three days, and the simple cough medicine recommended for a child should be given him. As ipecacuanha quickly deteriorates in quality, a fresh supply should be obtained every three months. As long as the wine is clear it is good; when it is thick it is of no use.

Ringworm.—At the first sight of ringworm, paint the place and all round with iodine three times a day. This will very likely prevent it going any further.

Boils and Carbuncles.—These tiresome and painful excrescences are usually caused by poverty of the blood and weakness, and those who suffer from them should have plenty of wholesome food, fresh air, and exercise. The best and gentlest way of treating them is to keep warm linseed-meal poultices on them till they have broken, and the core has been removed; then lay a little soft linen rag on the sore. When the poultice cannot conveniently be applied, a little piece of sticking-plaister laid right over the boil, and renewed every two days, will keep it from being rubbed, and from being quite so sore. The old-fashioned soap-and-sugar plaister is very efficacious, but rather cruel. If the core of a boil is not removed, it is almost sure to come again. Carbuncles require medical treatment. They may be distinguished from boils by being larger and flatter, and having a surface composed of cells.

Gumboil.—Roast a fig, tear it in two, and lay the inside of one half upon the boil. It will act as a poultice. As gumboils are frequently caused by the presence of an abscess at the root of the fang, a visit to the dentist should follow their appearance.

Constipation.—Indigestion and constipation lie at the root of numberless ailments. Persevering and constant attention to the laws of health, to diet, to exercise, and to bathing will generally make everything right for a healthy person. Those who are unhealthy require medical treatment. The habitual use of aperient medicines is most injurious, and only serves in the end to aggravate the mischief. Dr. Johnson used to say that he would as soon think of consulting his portmanteau about what he was to put into it as his stomach. There are very few people nowadays, however, who could make the same statement; and when once a man has waked up to the miserable consciousness that he possesses a liver, he finds that inattention to that important organ is surely and speedily punished. In addition to the all-important attention to diet, exercise, and bathing, the adoption of either of the following methods will be likely to produce regular action of the bowels:—

Rise early, and take an hour's brisk walk every morning before breakfast.

Drink a tumblerful of cold water the last thing at night and the first thing in the morning. When the stomach will allow of it, the diet should include oatmeal porridge with treacle for breakfast, brown bread, green vegetables (particularly spinach), apples (baked and raw), stewed prunes, figs, and all preserved fruits.

PHILLIS BROWNE.