

burnt by the heat of the sun. During the hottest time of the day, therefore, give a little protection with matting, or with old gauze or muslin curtains; some gardeners, too, recommend whitewashing the glass, but there are some difficulties and objections to this process. Grapes, also, may require thinning again,

those left thus increasing in size, and their ripening thereby materially hastened. Finally, as it is the month in which, to use a Yankeeism, everything is "going ahead," particularly the weeds, additional attention should be paid to order, cleanliness, and regularity throughout the entire garden.

HOW TO GET STRONG AT THE SEA-SIDE.

BY A FAMILY DOCTOR.



IN the present paper, and in my own homely way, I mean to tell you something about sea-bathing and how to profit by it. I must divide my subject into three heads:—First, Who should go to the sea-side; secondly, What to do first when one gets

weakened, either from excessive business or excessive pleasure, or from study and mental fatigue, and the worry inseparable from the struggle for existence, which every one of nearly every rank must now-a-days maintain.

To invalids, on the other hand, and convalescents from severe illness, or acute disease, the pure and balmy breath of ocean and the calming, toning saline bath, are particularly grateful. To delicate children, and especially those who have to dwell all the year round either in flat marshy country places, or in the murky atmosphere of populous towns, the month or six weeks at the sea-side are often the very first start in life, both as regards sturdy growth and vigorous health.

I shouldn't be much of a family doctor if I didn't specially mention one other being, for whom the sea-side has a particular charm, and who deserves a holiday more, perhaps, than any one else. How often I have watched her—the young mother—as she sits on a rock, dreamily gazing seawards, where white sails lie becalmed, and cloud-shadows here and there darken the sun-glazed ocean! Her youthful family, a cheerful triplet, are chasing the wavelets as they ripple back over the sand, and their laughter is shrill and joyous as the cry of the sea-bird.

Secondly: What to do first, when one gets to the sea-side. Well, to begin with, it is to be presumed that you have left all your cares behind you. Believe me, if you haven't, your holiday will be spoilt, your money worse than lost. In order to derive the maximum amount of good from a sojourn by the sea, you must for the time be completely free from both trouble and business. I wouldn't even allow my business letters to come poking their unwelcome noses around my breakfast-table when a dweller by the sea. What good will it do you to roam about the cliffs in the gay sunshine, and sniff the breath of ocean, if Daddy Care is at your elbow? What matter how regularly you bathe, if that nasty old skeleton, which you forgot to lock up in its closet, comes grinning alongside of you? That will spoil your fun.

But we will suppose that you really have taken the precaution of casting care to the wind, and that you mean in a quiet way to enjoy yourself. Suppose, too, that you have consulted your physician as to the best place to go to, and that you have neither started too soon nor too late—for remember that sea winds blow both keen and cold at the beginning and very end of the season. Then having reached your destination, your

there; and thirdly, How best to benefit by the holiday.

First: Who should go to the sea-side. I know well enough that nearly every one wishes to go, but for obvious reasons somebody must stay at home.

Besides, some people don't deserve to be let go at all: notably those who have neglected the common laws of health on which, in this Magazine, I have been preaching, simply but earnestly, for a twelvemonth back; who have been too lazy to take sufficient exercise; who have kept late hours, when early to bed would have suited them better; who have been slaves to the wine-cup, or the tobacco-pipe, or the groaning table; who have not daily offered the matutinal sacrifice of half an hour at the shrine of Hygeia, in the shape of that king of comforts, the cold bath. But I am soft-hearted and would not willingly deprive even this class of the joys of the "annual wash." Let them go and promise to be more careful for the future! But still let them not forget that sea-bathing does one infinitely more good if it is indulged in with an easy conscience—that is, if one feels that, by strict attention to duty, business, health, and economy, in the months gone by, the holiday has been honestly earned. If it has been so earned, with what thorough gusto one can sit down and pore over the time-tables, and endeavour to solve the welcome enigma, "Where shall I go this summer?"

Persons who may expect the greatest benefit from a month at the sea-side, are those whose health has been



first care must be to look out for comfortable quarters, and much more depends upon good lodging, in a quiet, clean, healthy street, than many seem to think. Now let me impress upon you one thing—don't hurry. Beware of nervous excitement; people are *so* wont to be flurried and excited when they first arrive at a sea-side place, and this, to a delicate person, will often do an amount of injury which it will take a whole week or more to repair. If you have not previously taken a house or apartments—a thing I shouldn't advise any one to do until he has first seen the place—as soon as you arrive at the station, ask a porter to take your luggage to the cloak-room; then, with your summer macintosh over your arm, and a heart as light as the cane in your hand, betake yourself to a good hotel, and do not stir from there until you have refreshed both the outer and the inner man by a hearty wash and a hearty meal; for you have been wise enough, no doubt, to take the morning train, and there is all the long day before you to look for quarters. Unless you are very rich, and pretty strong, do not go to the principal parades; they look cheerful, no doubt, but your life may be worried out of you by noises. It is much better you should live in the suburbs, or even quite out of the town; you will be more comfortable, and the walk seawards will do you good. I hope to live to see the day when each sea-side watering-place will be more spread, and not have its houses all huddled around one particular portion of the beach, as if it were impossible for a breath of ozone to travel a mile from an ocean-wave. One great objection I find to all these places is the incessant street noises. Now strong people can stand this, but it is very trying to the nerves of a delicate invalid. But I suppose it must be borne until that empress of watering-places shall be built, where the streets shall be asphalted, and every carriage have india-rubber tires: a bell-less, brass-band-less town, built on the loveliest spot on the coast, where no hurdy-gurdy shall grind, and where land-ladies shall be all that the heart can desire.

Thirdly and lastly: How best to benefit by the maritime holiday. Before saying a word on actual bathing, I must here mention one or two little matters which tend greatly to conduce to one's comfort while living at the sea-side. You ought, then, to bring with you a few very simple medicines supplied by your own chemist at home. The simpler indeed they are, the better, and they should never be taken until it is really necessary. It is well, for instance, to have a bottle or two of any medicine which you may have been in the habit of taking while at home. Also a small bottle—say six ounces—of castor oil, a bottle of the best brandy, and a box of carbonate of soda. Again, if your constitution is at all relaxed, or worn down by hard work or worry, it is a capital plan to take advantage of your residence by the sea-side, and “go in” for a course of gentle tonics; and without seeing you I cannot advise anything better than mild doses of the citrate of iron and quinine.

Another thing you must not have forgotten, viz., warm under-clothing. I don't care how like summer

you appear externally, if you assure me you haven't left off light flannel, for you may sometimes be tempted to linger on the sea-beach long after the moon and stars have come out, and the sun has sunk to rest.

Suitable exercise greatly aids sea-bathing in giving tone and "brace" to the system. Don't, if you can use your legs, be afraid to walk; avoid Bath chairs—when you feel tired you can rest.

Early rising and going soon to bed are conducive to health, more so at the sea-side than even in town. If you are not too delicate, sleep with your window wide open—not, mark me, a draughty half-inch, but generously wide—and you'll feel double the individual in the morning.

Don't go out of a morning until you have eaten a small dry biscuit, with a cup of tea or glass of spring-water, then you can go and see the sunrise if so inclined.

As to bathing in the open sea, your aim and object must be to take the bath so as to produce afterwards a healthy glow or reaction, and not a dangerous state of depression. This reaction is produced in the following manner: the shock caused by the sudden immersion in the cold waves thrills through the whole nervous system, the blood is driven momentarily from the surface of the body to the internal organs, respiration is increased, the blood returns to the capillary vessels of the skin with redoubled vigour, the whole circulation is quickened, the nerves stimulated, and all the organs of the body, torpid perhaps before, are aroused to action; the secretions are increased, poisons eliminated, and, to speak metaphorically, the wheel of life is cleaned, oiled, and set agoing again comfortably and easily, as every wheel should go round.

There is no better or more natural stimulant in the world than the sea-bath when properly carried out. It is one of the luxuries of all nations, and has been so for ages. But you must never remain too long in the sea, for if you do so and allow the state of reaction to be succeeded by one of depression, injurious effects are sure to follow. As I said before, the bath should be followed by a pleasant glow—harbinger of vigorous health; if headache comes on after bathing, you must either have stayed too long in the water, or neglected other precautions, or are too delicate to bathe at all.

The time you should remain in the sea ought to be regulated by your own sensations, always bearing in mind that it is better to be under than over the mark. Very young children should not be bathed at all in the open sea, and five minutes' immersion and paddling about is enough for children of eight to fourteen, or even for a delicate lady, and twenty minutes for most men.

For the first week or two, delicate people should not bathe oftener than once in two days, but at the same hour every day. As rules are much more easily remembered if put in a tabular form, I herewith append a few for the guidance of the reader while at the sea-side.

#### *Simple Rules for Sea-side Enjoyment.*

1.—Before leaving home, study your trains, pack

trunks the day before, don't forget anything, and avoid hurry and excitement.

2.—Look for rooms quietly, in a clean, quiet street or suburb, and see that the rooms are clean and airy.

3.—Do nothing at all the first day.

4.—Rise early every morning, soap down and tub from head to heel, eat a biscuit, and go and hear the birds sing, and look at the sea.

5.—Regular hours, regular exercise, regular meals, and regular medicine (if you need it).

6.—Enjoy yourself all you can, but 'ware excitement and fatigue.

7.—Strong men may bathe before breakfast, but the best average time is about three hours after breakfast.

8.—Walk at a moderate pace to the bathing ground, so as to be neither too hot nor too cold, and undress as speedily as possible.

9.—It is better to plunge at once into deep water; don't unless you can swim, however, but rather after bending down and laving the face and both arms, drop right underneath the first wavelet.

10.—Wear a bathing cap, especially if a lady.

11.—If you can swim, swim and nothing else; if you cannot, you can at least tumble about and keep moving, and also rub your limbs with the hands.

12.—Come out before you have actually ceased to enjoy yourself.

13.—It is better to have your own towel, one at least, and let it be moderately rough.

14.—Rub your face, shoulders, limbs, and body, using moderate friction, and finish drying with a smoother towel.

15.—When quite dry, dress, and it ought not to be at all necessary to dress quickly.

16.—If faintness or sickness comes on, which must be looked upon as quite an accident, lie down for a few minutes.

17.—After dressing, a brisk walk should be taken; and now a lunch biscuit will do you service.

18.—Remember that the glow after the bath is the grand event to be looked for.

19.—If instead of this glow a decided chill takes place, and is not removed by a brisk walk, a small drop of brandy taken along with a biscuit becomes a necessity, or for ladies a glass of some cordial.

20.—If you are an invalid, try to forget it; if a Hercules or a Webb, forget that. *In mediis tutissimus ibis.*

21.—Don't forget flannel under-clothing if at all delicate.

I have tried in this paper, although in a desultory sort of way, to let you understand that at the sea-side it is not alone from dabbling in the waves you are to expect the benefit. Health must be looked for by the sea-shore, and in the sunshine, in every breath of wind that blows, and in the ever-changing face of the great ocean itself.

What would the greatest actor that ever trod the stage be without scenery and satellites? I grant you that by the sea-side Bathing is the great actor; but we must never forget all the little stars that play up to him.