

to them was the work of a moment—indeed they soon saw it for themselves: the next, they were at work on each side, tugging and pulling me by the arms with might and main; and, in a few moments more, I felt the foot move; and, on the next, found myself lying on my back on one of the stones, the foot having come away all of a sudden, yielding to the strong pressure brought to bear on it by my rescuers.

Seated that night, a few hours afterwards, at supper

in the lodgings of these gentlemen (amateur painters from a neighbouring colony, who had paid to-day the last for the season of a series of visits to the mountain with artistic purposes), I listened as attentively as the important work in hand would admit of, and with perfect good humour, to the lecture of mild censure to which they treated me for what they—in common, as I found, with every one else—stigmatised as my foolhardy attempt.

## MY ADVICE TO THE CONSUMPTIVE.

BY A FAMILY DOCTOR.



T had been my intention, on sitting down to write the present paper, to give a short account of the pathology and symptoms of what we medical men call *phthisis pulmonalis*. On second thoughts, however, I feel convinced it will be much better, and more profit-

able for my readers, to confine myself to giving a few words of plain advice, to those who have the misfortune either to be labouring under this dire disorder, or who have a family predisposition thereto.

It may be well to mention at the outset, that although consumption still claims annually its thousands on thousands of victims, it is not nowadays looked upon as so certainly fatal as it used to be; because a more rational treatment has been adopted of late years, and thus cases are cured, and precious lives are spared, and there is hope for every sufferer. One thing, however, I wish to impress upon the reader: if not properly attended and correctly treated, it is as certain that consumption hurries a patient on to death, as that the sun will rise to-morrow. If, then, some sufferer should read these lines, let me tell her or him, that if good is to be expected from the advice I shall give, it must come *only* and *solely* from the strictest obedience to the rules of life laid down, and the greatest regularity in taking the medicines prescribed. Trifling with a disease of this kind ever ends in tragedy.

In our treatment of consumption, we have two duties before us: first, we must endeavour to counteract the tendency to decline and decay; and secondly, to palliate the more urgent symptoms; but pray do not

forget that the counteractive is of far higher importance than the palliative treatment, and so we will mention that first. It includes proper hygienic means, proper diet, and last but not least, medicinal remedies.

Now, in simple cod-liver oil, we have one of the most beneficial remedial agents in the world, and taken in conjunction with certain tonics, judiciously administered, its power of doing good is incalculable. A word or two on the proper manner of exhibiting the oil will not, therefore, be out of place. You must first and foremost procure oil of the very best quality. Deal with a respectable chemist, and ask him to get you the London-made oil for winter use, and the Newfoundland after midsummer, which is just as good and is somewhat cheaper. Do not buy less than half a pint at a time, and see that it is kept in a cool, dark cupboard.

Cod-liver oil is now made so sweetly fresh and pure, that it is to many quite the reverse of unpalatable. Young people, and especially children, take readily to it, and do not require to use any vehicle to disguise its flavour. Many there are, however, who do not relish it, if they even can succeed in swallowing it without some feeling of loathing, as the oil keeps repeating. In cases of this sort it must be given suspended on the top of some flavoured tonic draught. I think myself that the simpler this is the better. Cod-liver oil, in order to do any permanent good, must be taken for a long time—for weeks, for months, or even for years—and the stronger tonics, such as quinine and iron, are apt after a time to disagree with the system generally. They heat the system, disorder the bowels, and increase the tendency to inflammation. It is a good plan to chew a little orange-peel before swallowing the oil, and to take the latter in a wine-glassful of bitter beer. Or a better plan is to use some of the simpler bitters, such as the infusion of gentian or columba, slightly sweetened, and flavoured with orange tincture. To this may be added a few drops of some of the mineral acids. For example, if there be any tendency to liver disturbance, ten or twelve drops of the dilute nitro-muriatic acid may be used; if a tendency to night sweats or diarrhoea exists, the same quantity of the dilute sulphuric acid will do better; if the nerves are weak, on the other hand, dilute phosphoric acid should be chosen.

The quantity of the oil to be taken is an important consideration, as well as the time when the dose should be swallowed. Begin with a tea-spoonful, and gradually increase the dose up to a table-spoonful, or rather over. I say rather over, because I always order the oil to be taken only twice a day, *immediately after* the first two meals. Neither oil nor tonics are so well borne in the latter part of the day. Some medical men recommend patients to take the oil between meals, say at eleven and four, and to eat a little biscuit after it. I do not myself approve of this plan. Now, occasional courses of tonic medicines, taken in conjunction with the cod-liver oil, the oil floating on it, in fact, are often productive of the highest benefit. Probably the best of these is the hypophosphite of soda, as recommended by Dr. Churchill, in conjunction with phosphoric acid. This sometimes acts like a charm, renewing not only the health and strength, but even the size and weight of the patient's body. The ordinary bitter, then, already mentioned as an adjunct to, or vehicle for, the exhibition of the oil, should occasionally be changed for a mixture like the following:—Take of hypophosphite of soda two drams and a half; of dilute phosphoric acid ten drams; to be mixed with twenty fluid ounces of the compound infusion of oranges; and of this mixture half an ounce is to be taken along with every dose of the oil. It may be continued for a month, or longer, at a time. Occasionally, too, a course of quinine and iron will do much good. The effect of this latter remedy, however, must be carefully noted, and if it seems to increase the cough, gives rise to headaches, or interfere with the regular action of the bowels, it must be discontinued for a time.

Sometimes the use of arsenic—Fowler's solution—does good. It is a vaunted remedy in France, at all events; but other than the oil and the tonics I have mentioned, as little medicine should be taken as possible, and the action of the bowels kept up by proper diet, and the hygienic measures I shall now proceed to notice.

First as to diet. The great thing is to let the patient have as much food, of the most nutritious quality, as he can easily digest; and the rule is to make butcher's meat the great staple of diet for nearly every meal, although, of course, it is to be varied now and then by game, or fowls, and fish; and the more plainly the food is cooked the better.

The things that must be avoided are all kinds of piquant sauces, rich stuffing, made dishes in general, pickles and vinegar, cheese, and too much greasy food of any kind; even butter and milk ought to be limited in quantity. Bread may be eaten with impunity, and so may vegetables, if fresh and good and nicely cooked. Eggs are not objectionable. In old-standing cases, where the digestion is very weak indeed, and solid food can hardly be borne, we must have recourse to beef-tea, to generous soups, with bread or toast, and to sago, arrowroot, tapioca, &c., and also Icelandic moss. This last should be well boiled, strained through muslin, and nicely flavoured (as should *blanc-manges*) with orange, lemon, or vanilla. An ounce each of

Icelandic and Irish moss, boiled slowly for nearly an hour in a pint and a half of milk, strained and sweetened, and mixed with an ounce of the compound tincture of quinine, is an admirable preparation for the weak invalid. A dessert-spoonful ought to be taken many times during the day.

Here is a light luncheon, recommended by the profession in the early stages of consumption:—A new-laid egg, or even two, are carefully beaten up with a table-spoonful of flour, fifteen to twenty grains of the saccharated carbonate of iron, and half a pint of new milk, and taken about twelve of the clock along with a biscuit.

For delicate young persons, and more especially children, very finely minced raw meat, mixed with sugar and flavoured, may be used with advantage, although the practice of eating raw meat, it ought to be mentioned, is fraught with danger from internal parasites. *Stimulants* ought in all cases to be used with moderation, and, may I add, with wisdom. They ought never to be taken except with food, for the simple reason that they excite to the generation of the gastric juice; if the stomach is empty, it is irritated thereby, and when meal-time comes round is unable properly to perform its functions. The kind of stimulant that is chosen should be that which seems most to agree. Sherry and water, or hock, or claret and water, may be used in cases where the liver is prone to disturbance. The stronger kinds of spirits are not needed, except in old-standing cases of decline, where the patient is much weakened; and even then they ought to be taken along with some form of nourishment, as raw eggs, for example.

Soda-water and milk, or Apollinaris-water, is a capital beverage where the patient is much troubled with thirst. A table-spoonful, not more, of good rum, in a cupful of new milk, may be taken by the weakly about half an hour before getting out of bed.

It is well for a consumptive patient if he or she can choose a proper house wherein to dwell. The soil ought to be a dry sandy one. The house should, if possible, be built on a slope, and have a southerly or westerly exposure. A residence near the sea is desirable in many cases, but not near fresh-water lakes, or bays, or morasses, or rivers, over which wet fogs at times hang. Proximity to pine-woods is highly recommended, and, indeed, the air from forests of this kind forms one of the cures of German doctors.

As regards clothing, the chief thing is to guard against catching cold, and for this reason patients should be warmly, though not necessarily weightily, clad. The feet ought to be encased in warm soft stockings or socks, and flannel ought to be worn always by day, and it ought, of course, to be thicker in cold or unsettled weather; and when riding in a carriage, wraps must never be forgotten; in fact, rugs and a foot-warmer, if the weather is at all cold, are really necessities.

The exercise to be taken must depend upon the strength of the patient, but in all cases of consumption it is of the utmost value. It may be active in cases where the patient is in tolerable health, and when the

cough is not too troublesome. Rowing, for example, tends to develop the chest, and renders the lungs active and healthy. The dumb-bells are objected to on principle. The two-handed "gymnast," invented, I believe, by Mr. Hodge, may be fixed to a beam overhead, and catching the handles with the two arms raised above his head, the patient ought to walk himself backwards and forwards. The motion tends to exercise the whole body, and to especially expand the chest.

Climbing hills is beneficial in the earlier stages; walking is nearly always to be recommended. Riding is far better, as it exhilarates both body and mind. Remember, however, that no form of exercise should be carried to the bounds of fatigue.

For more advanced cases, sailing in boats, riding in a carriage, and gentle horseback exercise are chiefly to be trusted to; there is less fatigue, while at the same time the gentle motion and the constant change of air tend to improve the appetite and induce refreshing sleep.

The *palliative* treatment consists in trying to relieve both the usual and the occasional symptoms.

Of these the cough is the most troublesome. It is only, however, when it is hard and frequent, and when the expectoration is very scanty, that any notice need be taken of it. From fifteen to twenty drops of laudanum, or the solution of muriate of morphia, in a bottle of soda-water, taken before going to bed, will frequently relieve the cough and induce quiet slumber, when the cough is hard. If there be, on the other hand, a tendency to bronchitic cough, squill and ipecacuanha in small doses are indicated.

If the expectoration is offensive, the carbolated glycerine may be taken, or occasional doses of the sulphite of soda.

The pain in the chest is most frequently felt just beneath the collar-bone. If it is very sharp, ammonia liniment should be used, or counter-irritation with the liniment of turpentine. If the pain is merely a dull aching sensation, it may be relieved by means of a belladonna plaster, but when very severe indeed a small blister had better be tried. This is all the patient can safely resort to himself without the aid of a medical man.

Spitting of blood, if it does not occur to any great extent, may best be treated by rest, a mustard poultice, and avoidance of excitement and stimulants. If it occurs to an extent that is alarming or weakening, it must be speedily checked. The following powder should be taken every three or four hours:—Gallic acid and powdered white sugar, take of each ten grains, of the compound powder of ipecacuanha two grains. Mix. This remedy is harmless. Stronger styptics must be left to the choice of your own doctor.

A consumptive patient is often greatly weakened by night sweating. This also causes sleepless nights. There are several ways of checking this troublesome symptom. I need only mention one, which is, perhaps, all but infallible. It is the oxide of zinc in doses of from two to three grains, taken before going to bed in the form of a pill, made up with any easily dissolvable and simple extract.

Other occasional symptoms, such as troublesome diarrhoea, difficulty of breathing, and ulceration of the larynx, cannot well be treated by the patient himself, who must therefore apply elsewhere.

Just a few words on the influence of climate, and I have done. "Where shall I go in order that I may have a chance of life and length of days?" is an anxious question to many a poor sufferer, and it is one, too, to which no general answer can be given, so much depends upon the kind of consumption the patient may be labouring under, as well as its causes. I may tell you plainly, however, that it is only in the earlier stages of the disease that change of climate can be expected to effect any good. There surely could be no greater cruelty than that of sending a patient to certain death in a foreign land, far from friends and home, far from the comforts of civilisation, without perhaps a single friend to smooth the dying pillow.

A sea-side residence exerts a wonderful influence on the cure of consumption, when aided by proper exercise, diet, hygiene, and medicine. We have many places to choose from in our own land, such as Bournemouth, Torquay, Isle of Wight, Penzance, Tenby, Bute in Scotland, Cork in Ireland, &c.; and abroad there are Algiers, Madeira, San Remo, the West Indies, Australia, &c.

A well-sheltered and elevated habitation should be chosen, and one exposed to the rays of the mid-day sun.

A residence in a mountainous country is often advantageous, so is a long sea-voyage to such a place as Australia, for example. If any of my readers should decide on a voyage to that beautiful land, he ought to leave this country about the beginning of November, going round the Cape and not by Suez. Let him leave with hope in his heart, for assuredly he shall find benefit, even by the voyage itself; and arrived on Australian shores, he shall find blue skies and genial warmth, or heat tempered by the bracing breath of sunny seas. Such a climate cannot but tend to re-invigorate a wasted frame, and with returning health will come a joyful feeling of new life. But let him beware. Any excess or neglect of the rules of hygiene might change his joy to grief, his newly-acquired vigour to debility.

