

upon the neutral ground, which blend with it and deaden any superabundant brightness. It is only in brocade that stripes find lasting favour; fashion, as far as can be judged at present, tends towards neutral tints and irregular weaving, and dresses will still be composite. Silk and satin, brocades and plain material, thin woollen fabrics and silk, will be made up together; but for paletôts, visites, and evening dinner wear, black satin promises to be the most popular material.

Englishwomen make a practice of walking, an example Frenchwomen might copy with advantage, and we have to look to England for the introduction of an admirable walking-boot, the Hygeia, with a flat heel, and a sole adapted to the form of the foot, coming well up the ankle, so that the foot while supported has ample play. The newest shoes are very short on the instep, just the shape of gentlemen's pumps.

One or two hints as to the rearrangement of dresses

may not be out of place. Organdy muslin over satin is well worn, and a satin that has lost its first freshness would answer the purpose. Pink and light blue are best; trimmed with Raguse lace or meclin they make good ball-dresses. Young people in Paris are adopting muslin for full dress. Polonaises no longer require skirts under them; the lower portion, which is generally kilt-plaited, must be gored as a skirt would be, and then tacked to the hem of the polonaise instead of to the waist. The great variety in trimmings now obtainable, the fact of sleeves and bodice being dissimilar, and the contrast of materials and colours now seen in the most fashionable costumes, render the remaking of last year's dresses a comparatively easy undertaking.

In conclusion, we would remind our readers that we are giving an account of the mode as it is, in order that they may keep *within* the lines. The avoidance of extremes is an infallible mark of good taste.

PLAIN ADVICE TO THE NEURALGIC.

BY A FAMILY DOCTOR.



HERE, reader, are two facts, which are patent to every thinking medical man: first, this agonising complaint, called neuralgia, is very much more common or prevalent in our day, than it was in the days of our forefathers; and secondly, those among us who are most apt to suffer from it are they who live in luxury, or who live too fast,

and neglect to keep their bodies up to the proper health-pitch. The poor, too, are often afflicted in the same way, and those who are much confined in workshops, and badly ventilated factories. From this, it is not difficult to perceive, a lesson may be learned.

Little need is there to describe the symptoms of neuralgia, whether it takes the form of Tic-doloureux or face-ache, Hemicrania or half-headache (sometimes but wrongly called sun-pain), or Sciatica, in which the pain follows the course of a nerve running down the back of the leg, even at times as far as the toes. The pain when fully established is of a terribly acute kind, and indescribable burning and shooting—torture in fact. It generally comes on without any warning at all, in one sharp twinge, which soon recurs and keeps on increasing, till the poor patient is half distracted, and his pale anxious face is beaded with perspiration.

Of the three kinds of neuralgia, the most common by far is Tic, or face-ache. This pain seems to "come out," as I have heard patients describe it, from a spot between the ear and temple, and spread itself over one side of the face, adown the jaws along one side of the nose, and into the eye itself. The fits of pain seem at times induced by the most trifling causes, such as a sudden start, a loud, quick

sound, as the slamming of a door, or the slightest draught of cold air, a mouthful of hot tea or cold water. Sometimes the patient will get ease if he keeps in bed, with the face entirely buried in warm soft flannel, but contact with the pillow will at once induce a paroxysm. Sleep banishes the pain entirely for the time, or perhaps altogether, if the slumber has been natural, and not induced by weakening, enervating narcotics.

Now let us see for a moment what are the usual causes of neuralgia. If we know these, it will assist us materially in laying down rules for the general treatment of the complaint. And here let me premise, that some cases are incurable, because they depend upon pressure by tumours of some kind at the root of the nerve, maybe a bit of bone growing into it. For remember the nerves are extremely sensitive if pressed upon directly. A kinder-hearted man than Professor L— of Aberdeen, or "Sandie" as he was familiarly termed, never lived; but he used to tell us students, "Gentlemen, in cutting down upon an artery, in one of the extremities, you will often find the artery, the vein, and the corresponding nerve lying in juxtaposition. You can easily tell the vein, but you may be puzzled to know which is nerve and which artery: give one of them, then, a slight pinch with the forceps—if it is the former, oh! won't the patient holloa! but if he doesn't holloa, go on, tie away."

And I've often seen this put in practice with the very happiest results, so far as the operator was concerned. I merely mention this, to prove to you that pressure on the root of a nerve may cause an incurable form of neuralgia. But do not think that I wish to frighten you! I therefore hasten to tell the perhaps afflicted reader, that these cases are very

rare indeed, and that the large majority of those who suffer from the malady may be cured for the time, and the disease even prevented from returning.

I said that very often neuralgia gave no warning, but came on suddenly, but it more often comes on gradually, and is preceded by some derangement of the general health, such as indigestion. From this fact, again, the wise may take a hint.

I do not say that strong men with robust constitutions never take neuralgia, but all my experience, and that I believe of nearly all medical men, go to prove that it is more frequently an accompaniment of a weakened frame of body, with a nervous system below par. This may have been occasioned by bodily fatigue combined with want of sleep, anxiety of mind, worry, &c., or from debility from whatever cause. But I must not forget to say that indigestion is a frequent cause, and excess in eating and drinking combined with late hours in hot rooms. Another hint, please, reader, Foul air, especially living in malarious districts, will also bring on neuralgia, and in this case the attacks are generally of a periodical kind. The great majority, however, of the cases of neuralgia which come under the notice of the practitioner, are caused by decayed teeth. And this fact gives us hint number three.

Sciatica cases are at times exceedingly distressing. I shall just mention one, which I cured not long since; and we may learn something from it because the cure was so simple. A gentleman, thirty-two years of age he was, spare but wiry: from errors in diet, I elicited, he had become troubled with indigestion and heartburn, which lasted for months; and, moreover, he had quite his own share of that heart-eating canker, care. For the heartburn he was in the habit of swallowing large quantities of the bicarbonate of soda. Now it is well known that antacids, although they may palliate fits of indigestion, cannot cure them; and, moreover, the constant use of an antacid like soda never fails to bring on a state of debility and poverty of blood. In the present case the pains in the limb were almost constant, combined with stiffness of the muscles, which necessitated the use of a staff in walking. At about three or four o'clock every morning there were paroxysms of the most terrible agony, during which the patient would leave his bed because, he said, "it wasn't level," and, rolled in a rug, lie at full length on the floor, bathed in pain-induced perspiration. It was no wonder he was glad to take that dangerous narcotic, hydrate of chloral, to give him quiet nights. But this only reduced his system more and more, and gave the enemy a stronger hold thereon. When I saw him he had been suffering thus for two months, and was indeed in a pitiable plight. But giving up both the chloral and the soda, going for change of air, using some simple tonic, and being careful in his diet, worked wonders for him. The sciatica left him in one week, and in six weeks he was well and hearty.

One of the most distressing things in connection with neuralgia is the length of time it sometimes lasts, and its habit of returning periodically, without giving, perhaps, any warning of its approach. The depression,

too, of the nervous system which it effects is very great; even the mind to some extent suffers; the patient becomes timid and irritable, while at times even the muscles waste. The sufferer, if the complaint continues long, seems positively to age under it. That he soon recovers strength and spirits when the enemy has been driven from his stronghold, is only a proof of the recuperative power of nature in our systems, so long as youth or middle age is on our side.

Some ancient physician has said that no one thinks of taking care of his health, until death stares him in the face. There is one exception, however: people very rarely die directly from neuralgia, unless it be that dreadful form of it called Angina pectoris, or heart-cramp; but so great is the pain and torture from tic-doloureux or sciatica, that sufferers therefrom are glad and willing to do anything that may present some hopes of relief.

The patient, then, who wishes to recover from this disease must first try to find out the cause of it, in his or her particular case. Is the digestion good? are the teeth good? is the health below par? are the spirits buoyant or the reverse? is the kind of life led that which seems to conduce to health and longevity?—these are questions which he had better put to himself and think well over before commencing any treatment except the simple means of local relief which I shall presently mention; for, depend upon it, whatsoever tends to place the system below par opens the door for the cruel foe's entrance. And the converse is likewise true.

If you, then, suffer from tic-doloureux, see, first and foremost, that it does not arise from *caries* of the teeth. Only a dentist can find this out for you, for a tooth may be sound enough to appearance, and yet decayed within. Often the removal of one or two teeth will effect, in an hour, the complete cure of a case that has been going on for months.

The treatment for neuralgia may be fitly divided into the topical, or that which gives relief at once, without reference to permanent cure, and the constitutional, or that which tends to remove the cause and prevent any recurrence. I shall mention the former of these first. Probably that which gives the greatest relief is the subcutaneous injection of morphia; but as this tiny but comforting operation can only be performed by some one with skill, I pass it by, and tell you of the great good that may be done by twice a day smearing the track of the nerve with the aconitine ointment; only remember, it must not be applied to an abraded surface. When it can be borne, alternate douches of hot and cold water sometimes give relief, and rubbing or shampooing the parts for some length of time may result in good.

But if the pain is at its worst, and immediate relief is needed, the inhalation of or smelling at a vial of chloroform will act like a charm. Take first a little good Scotch whiskey, with from twenty to forty drops of the spirit of ether in it; then have, not one sniff, but two or three good sniffs at the vial of chloroform. It will not make you insensible, but it will scare away the pain. I often do good by administering one large

dose of quinine: I am rather chary of advising you, however, to try it, because ten or fifteen grains of this invaluable medicine may work injury if either head or heart is easily affected.

People often complain of what they call rheumatism in the jaw, where probably the whole of the teeth in one side, not one more than another, are affected. Now the drug called sal ammoniac (chloride of ammonium) is almost a specific for this kind of face-ache. It strikes me I have recommended this before—probably in my paper on the teeth—however, it will bear repeating. The dose is half a dram three or four times a day, but if it doesn't do good after the fourth or fifth dose, it may be stopped. It is well worth a trial, and is safe.

Neuralgia and rheumatism are at times mysteriously allied, and, did space permit, I could tell you of some very strange cures effected by the use of the dumb-bells—first, I think, recommended by Dr. Arnott. When the pain comes on, the patient has recourse to these; and whether it is the indomitable power of will or the effect on the circulation I know not—all I know is, it often scares the tic away, and that is something.

Nothing probably gives more certain relief in cases of sciatica than a small blister, not bigger than a penny-piece, just over the spot where the nerve seems to come out—*i.e.*, where the pain begins—and afterwards dusting not more than half a grain of morphia on the raw surface. And now for constitutional remedies. I will *not* allow any patient of mine to cuddle and fondle himself and his neuralgia over the fire, or in bed, one hour longer than is necessary. The mind has a wonderful effect on nervous ailments, and by letting it dwell on them you assuredly increase them; besides, the body is under par, exercise is needed, and pure air and many things besides; and therefore I prescribe activity, to begin with, not senseless walking, but healthy exercise-with-a-purpose.

Medicine must not be neglected; but I assure you, unless you not only take plenty of exercise, regulate your diet, and in some way alter for the better your usual mode of life, it will just be as well, if not better,

to pour the medicine down the nearest rat's hole. That may be a plain way of putting it, but it is very true notwithstanding. Now, I think in most cases an occasional mild purgative will do good, for tonics should never be taken unless the bowels are regular; and as the liver is at times just a *little* to blame, a claret-glassful of Friedrichshall water may be taken twice a week with benefit. Your tonic—unless there be great fullness of blood—had better be an iron one, combined with quinine, which any chemist will compound you. Tell him you want the tincture of iron, and a little dilute hydrochloric acid, in a quinine mixture. Probably he will say the citrate of iron and quinine is better (it is more easily compounded), and then it will be for you to consider whether you will be advised by him or by your "Family Doctor." Here is a beautiful wee mixture, which you can compound for yourself, and the dose of which is a tea-spoonful in a little water three times a day: Take two ounces of tincture of quinine, half an ounce of tincture of ginger, and the same quantity of pure glycerine, and mix. The following is a capital tonic to be taken after an attack of neuralgia and continued some weeks: Liquor arsenicalis hydrochlorici, 100 drops; quinine, 30 grains; elixir of vitriol, 2 drams; ginger syrup, 3 ounces; mix. And the dose is a tea-spoonful after every meal in a drop of water. When mentioning sal ammoniac, I ought to have said that in those cases where good is done—and they are very many—whenever the pain is gone, you should reduce the dose to ten or fifteen grains thrice a day, for a week. In some cases of sciatica, where the subject is a gouty or rheumatic one, good is done by a course of iodide of potassium in combination with tonics.

As for food, the more nourishing it is the better—good meat, plenty of eggs and milk, &c., and perhaps a little brandy and Apollinaris water.

Give up tea and coffee for a time, and use cocoa; the less oily kind is the best. My advice for the prevention of the return of neuralgia may be summed up in a few substantives—*air, exercise, regularity, temperance, tonics, cocoa, and cod-liver oil.*

THE SWALLOW AND THE PINE-TREE.

DEEP in a forest grey and old,
There grew a pine-tree young and fair;
Sweet was the twilight's green and gold,
And sweet the song-birds fluting there.

And as they sang and soared o'erhead
The pine-tree shook its leaves and said:
"O swallow! O to fly with thee
To lands of light beyond the sea!"

They cut the stately pine-tree down,
They made the gallant ship a mast.
The anchor's weighed! Fast fades the town!
To distant lands the ship flew fast.

The swallow passed her plunging by,
And heard the pine-mast moan and cry:
"O swallow! O once more to be
In that dear forest-home with thee!"

The land was bright with bud and leaf,
The swallow found her old green home;
The ship was wrecked upon a reef,
Lost! lost! in storm and angry foam.
The pine-mast floated, torn and spent,
Too late it mourned its discontent;
"Ah, me! my forest green and wide!
Ah, happy home!" it moaned, and—died!

FREDERICK E. WEATHERLY.