

effective, particularly on a vase. Butterflies and birds are suitable also for terra-cotta decorations, but flowers, or flowers and butterflies, are best of all. Be careful never to paint butterflies unlike nature, or butterflies alighting on flowers which in nature they would never alight on. For instance, do not paint a butterfly, which does not make its appearance till June or July, alighting on a snowdrop or a daffodil, and do not paint a bright Robin Redbreast hopping on a crimson summer rose.

I will close this paper by a short list of designs for vases and plates.

For a tall, narrow, white terra-cotta vase: On one side a tall spray of purple monkshood, on the

other side a short spray of same, with a bee flying to one of the flowers. Background: pale yellow, graduating to a light brown.

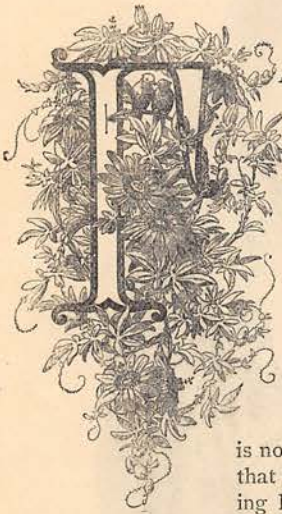
For a tall, narrow, red terra-cotta vase: On one side, and stretching round a little way to the other side, a straggling branch of honeysuckle; a tortoise-shell butterfly.

A round white terra-cotta plate, twelve inches across: Sprays of yellow jasmine; ground, turquoise-blue, graduating towards peacock-blue.

A round red terra-cotta plate, twelve inches across: A group of ox-eyed daisies, nearly filling the plate, also some flowering grass, and a yellow butterfly. H. C. F.

## POISONS AND THEIR ANTIDOTES.

BY A FAMILY DOCTOR.



FATAL cases of poisoning are happily rare. In an estimated population of, say, 22,000,000, with an annual death-rate of probably 500,000, poison would be the death-cause in not more than 400, of which number 300 would be due to accident or negligence, and the remainder to suicide. But notwithstanding the paucity of fatal cases, I believe there

is no accident more common than that of poisoning, and remembering how sudden and terrible are

the effects of poison introduced into the system, surely no head of a family can err in making himself acquainted with the general symptoms of poisoning, and the usual method of treating cases thereof.

Now, before giving the usual symptoms, and laying down general directions for the treatment of poisoning, I have just one remark to make. I am gratified to know from many sources that many of my readers keep the Family Doctor's papers for future reference. Well, I can imagine my present article laid carefully aside by some thoughtful individual in case of future emergency, and I can imagine that, that emergency arising, there would certainly not be time, even if the consulting party possessed sufficient coolness, to sit down and peruse the whole paper, short as it is; I have therefore had the name of each poison printed in prominent type, so that by merely running the eye over the page it can be seen at a glance, and the antidote likely to be available discovered.

It would serve no useful purpose here to enter into a dissertation on the nature of poisons, or their modes of action, or the many curious facts concerning them. Let me simply say that a poison is some agent which,

on being introduced into the system, gives rise to symptoms inimical to the health of the individual, which may or may not end fatally.

The symptoms which ought to give rise to a suspicion of poisoning are many and varied, but if after partaking of any food or drink sudden pain is felt, with probably great nausea, sickness, and vomiting, and a general feeling of *malaise*, or with cramps about the stomach or limbs, and cold sweats; or if, on the other hand, head symptoms come on suddenly after eating, such as great drowsiness, giddiness, or stupor, then it may reasonably be inferred that the person so suffering has partaken of poison.

In a case of this kind the very first duty of the patient's friends is to hurry off at once for a doctor. Do not send a servant, let some one more interested go; and let the messenger not forget to state to the medical man what the nature of the case is supposed to be, that he may come prepared, for everything depends on the speed with which remedies are adopted.

Meanwhile the person supposed to be poisoned is not to be left unattended until the doctor appears. Every effort must be made to get rid of the poison and to combat the effects thereof. In a large number of cases an emetic is the very first thing to be administered. The exceptions are those in which an irritant poison has been swallowed, causing inflammation of the stomach. Here an emetic would only serve to increase the mischief, and lessen the chances of saving the patient. Some simple emetics are always at hand. We have a good and handy one in mustard; a tea-spoonful should be mixed in half a tumblerful of lukewarm water, and this should be given about every minute until vomiting is induced, which ought to be kept up by plenteous draughts of warm water, and probably by tickling the fauces or inside of the throat with a feather. A table-spoonful of common salt in a tumblerful of warm water, is another very simple but usually efficacious emetic. Twenty grains of sulphate of zinc is a good and non-depressing emetic, but not



so ready to hand as those already mentioned. In a large number of cases the stomach-pump is the proper agent to be used, but this the medical man must see to.

As a general rule, then, emetics are to be given at once after poisoning by the narcotic class of poisons—those that produce drowsiness, stupor, or delirium.

A second general rule is this: Give eggs, chalk, magnesia, milk and warm water in cases where there is intense pain in the stomach accompanied by vomiting and retching.

Examine every glass or dish from which the sufferer may have drunk or eaten (the smell may guide you to a knowledge of the kind of poison swallowed), and lock them up for future medical examination. Whatever the patient may have passed or thrown up should also be put under lock and key.

What are called **Irritant Poisons** are such as produce some sensation of pain or irritation about the mouth, the throat, and the stomach. If a strong acid has been swallowed, such as vitriol or hydrochloric acid, the irritation would amount to actual corrosion, but in other cases there would be only a burning sensation on the tongue and in the mouth generally, with most likely constriction of the throat. The pain in the stomach is usually accompanied with tenderness to the touch. This same pain, often coming on suddenly, is a symptom of one or two other diseases—a fact that only proves the necessity of the instant attendance of a medical man. In irritant poisoning you will also have vomiting, and very likely diarrhoea.

In poisoning by **Narcotics** you will have a different train of symptoms, because both they and sedatives affect the nervous system; the drowsiness or stupor will here guide you. There may also be a peculiar rattling in the throat, called by the faculty “stertorous breathing,” while there may be sinking at the heart, and flushing or lividity of the countenance. There is a class of poisons which produce symptoms akin to both of the former; they are called narcotico-irritants; here you will have the burning sensations in the mouth, followed by the narcotic and nervous symptoms.

I will now proceed to specify briefly the symptoms of, and antidotes to, some of the more common poisons individually.

Accidents from swallowing **Opium** in some form are very common. The opium may be in the crude state, or in the form of **Laudanum**, or it may be **Morphia** that has been swallowed. In either case the symptoms will be the same—viz., drowsiness, stupor, sleep, from which the sufferer can with difficulty be aroused, and contracted pupils. Give emetics of mustard or sulphate of zinc or copper.\* Prevent the patient from sleeping by

walking him up and down the room, cold water dashed over head and chest, and galvanism. I had almost forgotten to mention strong coffee, and plenty of it, and the application of smelling-salts to the nostrils. The same treatment may be adopted in cases of poisoning from **Camphor** or **Paregoric**, **Deadly Nightshade Berries**, **Fool's Parsley**, or any herb or berry where the symptoms are narcotic in their nature.

It will hardly be in the power of any one not possessed of medical knowledge to distinguish between the symptoms of poisoning produced by **Mercury**, whether **Calomel**, **Corrosive Sublimate**, **Red Precipitate**, or **Vermilion**; and those by **Copper**, whether **Verditer**, **Verdigris**, or **Blue Vitriol**; or those of the **Salts of Zinc**, **Tin**, **Gold**, or **Silver**. Happily they have all many symptoms in common—notably, the disagreeable rough metallic taste in the mouth, the griping and pain in stomach and bowels, the violent thirst, the sickness and vomiting (in the case of mercury, of bilious fluids), the headache, cramps, cold sweats, and probably convulsions. The vomiting is to be encouraged by plentiful draughts of warm water, and eggs given beaten up with milk, of which give an abundance. Give also flour, beaten into a paste with milk. Foment the stomach and bowels with very hot fomentations of poppy-heads. This is really about all you can do till the doctor arrives.

While milk and raw eggs may be given in poisoning with the salts of **Lead**, an emetic should be given, and immediately afterwards sulphate of magnesia, usually called Epsom salts, should be administered.

In poisoning by **Tartar Emetic** or by **Butter of Antimony**, the vomiting and retching are usually very violent; there is also great pain at the pit of the stomach, with frequent cramps and hiccough, and also diarrhoea and pain in the bowels. Encourage the vomiting by large draughts of milk, followed by strong tea, or the decoction of oak-bark or cinchona-bark. Magnesia in the milk will do good.

There are a large number of substances sold in the shops of which **Arsenic** forms an ingredient. Poisoning by this metal is therefore very common indeed. The symptoms are similar to those caused by other irritants, although they do not as a rule come on so speedily. There is a burning sensation in the stomach, followed by pain and vomiting, which consists of greenish matter often mixed with blood; there is great prostration, with difficulty of breathing, and hoarseness and faintness of voice. There will soon after be griping pains in the bowels, colic, and diarrhoea. In bad cases convulsions follow, and death soon closes the scene. The patient must have an emetic at once—the first and quickest to hand; also plenty of milk, with white of egg, or the eggs themselves, beaten up. The antidote perhaps most often relied upon is what we call the hydrated oxide of iron—in other words, iron rust. It can be scraped off any rusty piece of iron. The pain in the bowels should be combated with poppy-head fomentations, as hot as the hand can bear them. The after-symptoms will be treated by the physician who has been called in.

\* EMETICS FOR CASES OF POISONING.

1. Mustard.—A tea-spoonful every minute in warm water; or commence with a dessert-spoonful, or even a table-spoonful.
  2. Common Salt.—A table-spoonful in a tumbler of warm water.
  3. Sulphate of Zinc.—From twenty to forty grains in warm water.
  4. Sulphate of Copper.—From ten to fifteen grains in warm water.
- Adjuncts.—Tickling fauces with a feather, and copious draughts of warm water.



The symptoms of poisoning by any of the strong acids, such as **Nitric** or **Hydrochloric Acid**, or **Oil of Vitriol**, are very distressing. There can be little doubt about a case of this kind. If the acid has been very strong, lips and mouth will be raw, and probably the former blackened; the pain in the gullet and throat will at all events be intense. There will be vomiting of matter mixed with blood, and great tenderness about the region of the stomach. Give chalk at once in water, in sufficient quantities to neutralise the acid, or calcined magnesia. Carbonate of soda, or potash, is an antidote, or thick soap-suds. Give also abundance of water to weaken the acid; and if nothing else is at hand, break down the plaster from the wall, mix in water, and administer.

**Prussic Acid** is terribly speedy in its action, and there is no antidote that I know of that can be relied upon. If enough has not been taken to prove immediately fatal, stimulants, such as brandy and ammonia, may be tried, if they can be swallowed. Dash cold water over the chest and face. An emetic may also be given as soon as it can be taken, with coffee afterwards.

**Mezereon Berries** are often eaten by children; so are **Monk's-Hood Seeds**, though more seldom. These belong to the narcotico-irritant class of poisons, as do many other berries and seeds. The symptoms I have already noticed. The antidotes are emetics, plenty of milk or barley-water, and afterwards strong coffee and a mild aperient. The same treatment would be recommendable in poisoning by **Stramonium**, usually called **Thorn-Apple**, which children often eat. Stupor must, however, be treated by dashing water over the head and face, and applying smelling-salts to the nostrils. A few drops of laudanum might be given with advantage.

The symptoms of poisoning by **Belladonna** are somewhat similar to those produced by stramonium. Contrary to what you find in opium-poisoning, the pupils here are very much dilated. Give emetics and animal charcoal, followed by castor-oil.

Animal charcoal and olive-oil, with chloroform to lessen the terrible spasms, are usually given as antidotes to the poison called **Strychnia**. Emetics must, however, be given first.

The same rule of treatment holds good in cases of poisoning by **Intoxicants**, such as **Alcohol**, and in those produced by breathing **Obnoxious Gases**. The face is generally livid in the latter. The sufferer should be placed on his side, with the head slightly raised. He ought to have plenty of fresh air, while cold water may be dashed in the face, the chest rubbed with stimulants, and warmth applied to the feet and legs. If an emetic can be given, so much the better, and afterwards strong coffee should be administered.

It should not be forgotten that after the recovery of a patient some after-treatment will be needed. For the first few days the very mildest and most easily digested of foods should be taken. If the poisoning has been by an irritant, in all probability the patient will be in the doctor's hands; if not, my advice is that milk, beef-tea, arrowroot, sago, &c., form the staple of his diet until he feels sure he can digest stronger meats.

Before closing this paper, I cannot help once more warning my readers against the use in any shape or form of that slow poison, *hydrate of chloral*. When used nightly, it becomes a habit which it is next to impossible to shake off. The symptoms it produces are very distressing, and there is assuredly only one termination if the habit be not broken off at all risks—namely, death.

## A HOLIDAY IN AND AROUND SAVERNAKE FOREST.



**A**MID all the changes that have altered the face of our country since the days when the Ancient Britons—those “careless sons of nature”—roamed the forest wild, at once their verdant city, high embowering fane, and the

gay circle of their woodland wars,” there has been, perhaps, no part of England left more unchanged

than that known as Savernake Forest. There are the modern “avenues,” “drives,” and “walks” intersecting it in all directions, it is true; but within its recesses are spots undefiled by man’s “improving” handiwork, and which remain to this day almost as our great ancestors bequeathed them to us. No description of mine could impart any adequate idea of their sylvan beauty, or of the quiet calm that pervades their sequestered precincts. The mighty oaks, strong in their centuries of strength; the towering beeches glistening in the sunshine, and casting beneath their shade a “dim religious light” around; the gnarled and twisted thorns, the bracken-covered hollows, the grassy glades, all combine to gladden and surprise the eyes of the beholder, and to impart to the wearied spirits a welcome sense of refreshment and invigoration. I know of no place where the wearied Londoner could find such perfect repose in conjunction with so much to interest and to please. Savernake Forest is situated just within the county of Wilts, and north of Salisbury Plain, from which it is separated by