

must be brought into frequent requisition; and the student must strive to express by the face such emotions as those of surprise, anger, delight, sorrow, hate, horror, anguish, loathing, fear, contempt, suspicion, sarcasm, amusement. The eyes, mouth, and eyebrows afford the chief means of expression. A flashing eye expresses defiance or indignation; the eyes stare in astonishment, are restless in fear, roll in anger, twinkle in merriment, are narrowed in treachery. Suspicion is expressed by looking askance, cunning by winking, and contempt by measuring the object from head to foot. The lips are compressed in determination, they part in surprise, are curled in contempt, and bit in agony. The lower jaw falls in prostration, and the mouth is opened wide to suggest stupidity or idiocy. The eyebrows are raised in expectancy or surprise, and are knitted in anxiety, anger, and sorrow.

The important point in breathing is to do so diaphragmatically and not clavicularly—*i.e.*, to employ

deep breathing, and to avoid all tendency to raise the shoulders. The following are useful exercises:—

Clasp the hands firmly behind the back, drawing down the shoulders, and breathe deeply; catch the breath quickly through the nostrils, and emit it with a sudden brief whisper; inhale quickly and emit slowly; inhale slowly and emit slowly. Practise these in a horizontal position, lying on the back (the ancient Greeks used to exercise in that posture).

In conclusion, having mounted the platform with a confident, yet modest bearing, be careful to avoid indulgence in any of those ostentatious, preliminary antics, such as unnecessary alteration of the desk, turning over of leaves, arrangement of wristband, disposal of water-glass, or any finical trifling whatever. Such affectations only serve to irritate an audience.

Finally, throw yourself heart and soul into your declamation, and do not shrink from the expression of whatever emotion you feel to be genuine.

R. M. A.

NURSERY ACCIDENTS, AND WHAT TO DO FOR THEM.

BY A FAMILY DOCTOR.



SICKNESS seldom, if ever, occurs in the nursery without some well-defined warning, but accidents happen in a hand-clap, and often as unexpectedly as thunder from a clear sky. Yet, while nearly every mother or nurse knows something about the premoni-

tory symptoms of illness, when an accident occurs, and perhaps a little blood is flowing, then for a time, at all events, no one is quite certain what is the first thing to be done.

It is with a view, then, to explaining away some of the difficulties which surround what may be called nursery surgery that the present paper is penned, and I beg to assure the reader that, if it be thought worthy of being preserved for reference in time of need, I shall consider myself well rewarded and honoured for my pains.

It is probably almost superfluous to preface my remarks by saying that in all cases which present anything like dangerous signs, a sensible servant is to be immediately despatched to bring the nearest surgeon. If possible, on an errand of this kind—in the country, at least—a *man* should be sent, and he should have a good horse or good cycle under him. He must, before starting, be quietly and distinctly informed concerning the true nature of the case, else much valuable time may be lost, by the surgeon not knowing precisely what to bring with him.

I shall now notice briefly the more common accidents that children are liable to, taking the least dangerous first; and if my article, when finished,

presents somewhat of a cataloguy appearance, why, for once in a way, I must be forgiven; it shall be useful and handy, if not pretty.

I. *Bleeding at the Nose.*—If this be the result of a fall or a blow, the danger is usually trifling, although in rare cases the nostrils have to be plugged—an operation that only a surgeon can perform. Ordinary domestic remedies are first to be tried: cold to the head and face; the traditional door-key between the shoulders; powdered gum arabic snuffed up the nostrils; hazeline drawn or snuffed up, or ice to the nape of the neck. When bleeding, however, comes on spontaneously in the plethoric, for a time it may be allowed to flow; it is an effort of nature to gain relief. Then the above remedies should be tried. If it be in a delicate anæmic child it is more dangerous; ice must be applied to forehead and neck, rest enjoined, a dose, according to age, of gallic acid given, and the surgeon sent for. Iron as a tonic, with milk and cod-liver oil, every day for six weeks, is indicated in the latter case; while in full-blooded boys the diet should be reduced, exercise and the cold bath made compulsory, and proper remedies administered, else a bad form of body will be the result.

II. *Foreign Bodies in the Ear.*—There is never any telling where children will stow small beads, peas, buttons, &c. The ear is considered a handy hiding-place, and deafness or inflammation may be the temporary result. Do not be rash. If you can see the object in a good light, you may be able to get it out with the rounded end of a hair-pin. If you cannot do this easily, send the child to the surgeon, or *vice versa*. Hardened wax often deafens a child, and causes irritation. Put a drop or two of olive-oil in

the ear the night before, and a bit of cotton wool. Next morning the ear should be well syringed out with soap-and-water. No air-bubbles, please, nor must the water be too hot. The little operation should be seen first, before being attempted by the amateur. N.B.—Picking the ears should be condemned in young and old, and indeed too much interference of any sort. Earwigs are dislodged by first pouring in oil and then syringing.

III. *Things in the Nostrils*.—The nose is another handy place in which to hide a button or pea. Suspect the accident if the child speaks as if he had a cold, without having the other symptoms of that complaint. There may be some swelling on one side. If the object can be seen and got at easily, try to get it out by means of a bodkin or the blunt end of a small hair-pin. Or make the child draw a deep breath, then closing the other nostril and mouth, make him blow or snort hard, and the thing may fall out.

IV. *Choking*.—Children *must* be taught to eat slowly and behave like little ladies and gentlemen at table, else serious results may often occur. Choking is a most alarming accident. The body should be bent downwards, and smart blows applied between the shoulders. This may dislodge the object. Bones, &c., may be got up from the tonsils by the fingers of the operator, or with the loop end of the blade of the scissors detached for this purpose, or a long hair-pin.

V. *Flies or Motes in the Eye*.—To remove these, a dry camel's-hair pencil is less rough than a handkerchief. Do not rub the eye much, rather rub the other eye, not that this can make a deal of difference. If the object cannot be seen, bathe in hot water and leave it alone till the tears wash it down to a corner, then use the little brush.

VI. *Things Swallowed*.—This may or may not be a dangerous accident. If the article goes right down, and is only a shell, for instance, it will be digested. A metallic substance, such as a thimble or coin, will be more dangerous, as its poisonous effects have to be counteracted. In this case apply to a surgeon. An emetic *might* do good, but then—it might do harm.

VII. *Stings, &c.*—The sting of the hive bee is the most dangerous, because it is left in. This must be got out at once, either by the pressure of a small key, pinch of lissom fingers, or by sucking. The wound had then better be sucked, and ammonia water at once applied. Wasp-stings are not left in, so that the ammonia may be applied at once. Ordinary washing soda is the next best thing, then soap. If there be much swelling, fomentation with poppy-heads may be afterwards required to soothe the pain and allay tumefaction, which is often of quite an erysipelatous character. A bottle of hartshorn should be in every house. It is not only an antidote to the bites and stings of all insects, but is handy for inhalation in cases of fainting or semi-fainting from weak action of the heart.

VIII. *Fish-hooks, Splinters, &c.*—Withdraw pins, needles, thorns, or splinters with a fine forceps, then foment to ease the pain after letting the wound bleed a little. Fish-hooks must either be cut out or, pre-

ferably, sent on until the barb comes out through the skin. This is then snipped off, and the other part is easily withdrawn. A soothing poultice may then follow hot fomentations. If the accident has been to the hand, this should be carried in a sling for a day or two.

IX. *Enlargement of Tonsils and other Glands*.—This hardly comes under the heading of accidents; nevertheless, I am right in alluding to the complaint. If it be the tonsils that swell, many distressing symptoms occur, such as stuffiness in breathing, difficulty of speech and swallowing, and partial deafness. The treatment is both local and constitutional, and may be attempted at home. Give cod-liver oil and the compound syrup of the phosphates as tonics, attend to all the laws of health, and feed well. Apply every morning, with a camel's-hair brush, a mixture of tincture of iron, one part; glycerine, two parts. This is safe. For all other swellings of a glandular nature, cod-liver oil and good feeding are to be recommended, *but* a doctor must be consulted and obeyed to the letter. When far away from advice, a safe rule to follow is this:—Paint painless swellings of glands with tincture of iodine, and give cod-liver oil internally. Poultice painful tumours, and give an occasional aperient. When they discharge or break, treat, first, with pads of lint wrung from hot water, frequently applied for a day; then apply lint spread with oxide of zinc ointment, or simply steeped in water, with a bit of oiled silk over it.

X. *Burns and Scalds*.—These may or may not be of a serious character, and the constitutional symptoms are at times of a very grave kind indeed. There is not only severe local pain, but pallidness of face, a pinched and death-like look, with shivering. Burns and scalds on the body are most serious when on the face or trunk, the danger being greatest for the first five or six days, although even fatal symptoms may occur as late as the tenth.

Treatment.—In all cases of extensive burning get a doctor at once. Meanwhile, if nervous exhaustion has occurred, with pale face and shivering, try to restore warmth. Place the child in bed or on a sofa, put a hot-water bottle to feet, stomach, and probably spine, and give frequently hot wine-and-water, or even brandy-and-water. Place the sofa he lies on near, but not too near, the fire. Gently, *very* gently, remove the clothes. Beware of injuring or tearing the blisters. Dredge the burn plentifully with flour and cover up with white cotton wool. *Exclusion of the air* is the principal object aimed at, and for this reason the dressing should not be removed unless it becomes offensive from secretion. The greatest care should be taken in removing a dressing, and the new one must be ready to put on. This may be a piece of lint thickly covered with carron-oil, or, if later on, with the benzoated oxide of zinc ointment, and cotton wool with a bandage over this.

The vinous stimulant given at first was only to counteract shock. It should not be repeated; and although the food itself must be nourishing, it should not be stimulating.

In slight cases of burning, with unbroken skin, great

relief to pain is got by douching the part with turpentine.

XI. *Frost-bite and Chilblain.*—Frost-bite is rare in this country. The part frozen or rendered dead for a time is unusually pale. The first object is to induce reaction *slowly*, and for this purpose nothing is better than rubbing with snow, or towels wetted with cold water. Keep away from the fire or heat of any kind. If reaction comes too soon it will come with violence and great distress; swelling, blistering of the skin, and sloughing may follow.

A child found insensible in the snow may easily be killed by being taken into a warm room. Take him into a cold room, and use friction with cold wet towels, or even snow, to the limbs and whole body. He must be put to bed in a cold room, and not until respiration is fully established should even warm tea be given, far less brandy. When I read the fable of the kind-hearted farmer, who took the frozen snake home and thawed it before the fire, I really cannot wonder that the creature bit the man. If he thawed it at all he should have done so *gradually*, and not in a warm room. Remember the fable, reader, whenever you meet with a case of injury to the body from cold.

Chilblain is merely frost-bite in its second stage, and in a mitigated form. If the child had not thawed his hands or face or feet before the fire, perhaps there would have been no chilblain. Attend well to the health of children subject to chilblain. Dress them warmly but not heavily, and forbid them to stand about out of doors in winter. Do not let them toast their toes before the fire, nor come suddenly into a warm room from out-doors, nor wash in hot or very cold water. Unbroken chilblains should be rubbed several times a day with a liniment of ammonia and oil, with a little turpentine added, or the iodine and laudanum application. *But* blistered chilblains must be treated almost like burns, with oxide of zinc ointment on lint, and a light, soft bandage. If broken and in sores, a poultice may first be needed. A child subject to chilblains, &c., should see a doctor. Cod-

liver oil, quinine, and iron in small doses may be necessary.

XII. *Broken Bones.*—Children are more subject to partial or green stick fracture than anything else. When such an accident is even suspected, the sufferer should be placed on a sofa in the easiest position, and the clothes gently removed or cut away. Little else can be done till the doctor's arrival, though, if there be much shock and no bleeding, warmth to the feet may be applied and wine-and-water given.

XIII. *Dislocations.*—These are accidents that few save surgeons can treat or even diagnose, though they can usually be distinguished from fractures by the rigidity or fixedness of all the parts. I cannot advise interference, although I fain would. Send for the surgeon, being sure at the same time to inform him of the supposed nature of the case.

XIV. *Fits.*—These are also difficult of diagnosis by the uninitiated, so lose no time in procuring skilled advice. Meanwhile the clothing may be removed and the child placed in a warm bath.

XV. *Wounds* are always alarming, and call for immediate action. Send for a surgeon. Meanwhile keep cool. If there is much bleeding, get the very coldest of water and apply in a stream. If this stops it, well and good; if it only partially does so, apply a linen pad and bandage tightly. Remove this in a few hours by carefully soaking it off with lukewarm water; if the bleeding continues, make a fresh pad and steep it in tincture of iron, and apply as before. Pressure, thoughtfully and skilfully applied, styptics and cold, are the only home remedies likely to do good in cases of bleeding from wounds. Never bind up a wound without washing it, unless it be a clean cut.

XVI. *Bruises, &c.*—These are not dangerous, as a rule. Apply ice or a poultice if much pain; afterwards, rags steeped in arnica lotion. Do not leech. *Sprains* are successfully treated by rest in the horizontal position, and a lotion of lead and laudanum, procurable at any chemist's, or occasional bathing with warm water.



A WALK THROUGH A DECEMBER GARDEN.



WITH most of us we fear that the idea of "a December garden" is not suggestive of anything particularly attractive or inspiring. Somehow we get to associate the death of the year with the death of the garden. Spring, summer, autumn have come and have passed, and now in December, our half-acre domain is lying in gloomy state: on one side of the little mansion, the

only thing green is the lawn, studded here and there with coffin-shaped flower-beds, on a few of which perhaps are some standard roses, no longer gay and bridal and perfume-breathing, but skeleton-like, with only a gaunt stock supporting the little thorny naked arms that sway uneasily about in the wintry blast. Nor do the back windows of our castle command a much brighter view. There is the kitchen and fruit garden, the solitary verdant spot that meets our eye being perhaps the two rows of winter cabbage and winter spinach, out drilling as it were, and apparently