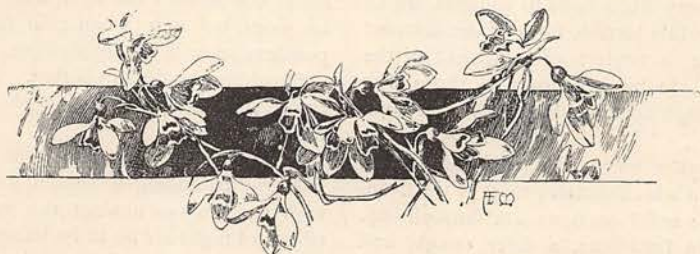


growing. Have, as usual, some sand for surface soil, and over the whole place a bell-glass, pressing its edge into the soil. Until your cuttings have struck, the glass should always be kept down, but wiped dry inside. Watering must, of course, be given. But better still than the bell-glass would be the use of a discarded frame, in which some little bottom heat yet remains: this will certainly hasten the striking of your cuttings in these pans. But the side shoots that already have roots to them you can at once pot off in the "sixty" pots, and they can be treated just as your seedlings that have been newly potted off. Their growth in a few weeks will at once indicate that they have struck.

Anyone who has paid even a limited attention to the culture of the cineraria, must have found out how terribly attractive they are to the green fly and the red spider. A good fumigation with tobacco is the only remedy for the green fly. The atmosphere of your greenhouse must as speedily as possible be transformed by tobacco-burning into the appearance of a London fog, and if you go the next morning into your greenhouse you will find the

enemy lying quietly dead on the surface of the soil of each pot. Red spiders, however, are better disposed of by sulphur-dusting. A greenhouse that is kept free from damp will be the least liable to the attacks of the green fly. Of course, in the selection of cineraria, notice each year where the bloom is the finest, and only from those plants should you take cuttings or save the seed. Indiscriminate action in the garden always involves a loss.

Our general garden directions must have reference first to an uninteresting but most important subject, and that is manure. This, in fact, is the very food supply of our garden, and we shall neglect it at our peril. A prolonged January frost will give us plenty of opportunity for manure-wheeling. But it is more of the preservation of decayed matter in general, which serves as a most valuable manure, that we intended to speak: and, indeed, it could readily be made the subject of a paper by itself, so important a one is it. A large fire in the middle of the garden, giving forth unsavoury odours, is often destroying much that we ought to utilise for a manure. But more must be said of this on another occasion.



MY OLD FOE AGAIN.

BY A FAMILY DOCTOR.



UNHAPPILY for the inhabitants of these "Isles of the Mist," the names of chest complaints form a long and dismal roll in every book devoted to the study of medical science. In this brief paper I do not propose to mention even a tithe of these, but merely give

hints, that may be useful in teaching my readers how to avoid some of those most prevalent during the winter months.

I must at present, however, leave Consumption out of count.

Chronic Bronchitis, sometimes called Winter Cough, naturally takes first rank, owing to the extreme frequency with which cases are met. Few there are, perhaps, who have passed the age of forty that do not suffer from the complaint occasionally, while in some it occurs winter after winter, or spring-time after spring-time. The most hopeless feature about these cases rests in the fact that, owing to thickening of the mucous membrane, each attack leaves the sufferer more subject to another.

The ordinary symptoms of chronic bronchitis are, unfortunately, only too well known—the hacking, rending, or the loose but troublesome cough, with large expectoration of mucus, the difficulty of breathing, especially on exertion or first thing in the morning, and the generally lowered state of health. Exercise, indeed, will often bring on the cough in fits, lasting long, weary, distressing minutes. Thus, through all the livelong winter the sufferer may be bad one week and better the next.

The difficulty of breathing may come on at night, and this fact makes the complaint doubly painful. How often do we not hear such patients exclaim—

"Oh, what a pained and weary night I have passed! Almost better I had not lain down at all."

They look jaded and weak in the morning, too, are seldom breakfast-eaters, or if they do manage to force something down, it is only after dallying with the matutinal cup of coffee or tea. Not being fitted for any great strain of exertion, their business life is, of course, greatly interfered with; they thus feel languid, and often wretched enough, in all conscience. The complaint may follow an acute attack, but it is more

frequently, I believe, brought on by exposure to the weather. Men who have led, whether by choice or the reverse, active outdoor lives, braving the elements, storm or sunshine, and at all hours, are liable to it after a certain age. The man who boasts that he can defy wet and cold, who never wears a top coat, and permits his damp clothes to dry on his back, is almost certain to go to the wall one day.

Is chronic bronchitis a dangerous ailment? The question may well be asked, seeing that we can point to so many truly old people who are martyrs to it, and yet manage to move about in summer, at all events, looking fairly hale and hearty. Hale and hearty, for this reason—there is very little wasting, even in winter, caused by this form of bronchitis. Well, then, the complaint is more indirectly than directly dangerous; for though it may not often kill, it leads to diseases that do kill.

There is a very much aggravated form of the disease to which some old people are subject, and which therefore gets the name of senile catarrh. In these cases all the symptoms are violently increased—especially the amount of expectoration, and the distressing difficulty in breathing. Extreme debility soon comes on, and this very often leads to collapse, which may prove fatal. As this terrible form of the disorder is nearly always due to neglect of treatment of the milder sort, it ought to be a caution to those who suffer from winter cough not to under-rate the strength of the enemy.

There are many other forms of chronic bronchitis, such as the plastic, in which mattery casts of the bronchial tubes or more solid portions are brought up. There is difficulty in breathing, a drier cough, and often some blood. We have also rheumatic bronchitis, and gouty as well, and what may be called alcoholic bronchitis, an ailment only of toppers.

The purely medicinal treatment of chronic bronchitis may well be left in the hands of the family physician: so much depends on the age and constitution of the sufferer; besides, the trouble may depend on various causes.

One form of treatment, however, is so simple, and yet, as a rule, so effective in removing the distress caused by the difficulty of breathing and consequent want of rest, that I must not refrain from referring to it. It is nothing more than the bringing into the immediate contact of the ailing air-tubes, the spray or atoms of drugs that soothe and heal. The spraying apparatus has probably saved many a life in ships at sea, and in islands beyond the reach of immediate medical aid. It is on precisely the same principle as those two glass tubes, united at right angles lip to lip, sold in every chemist's shop for the purpose of distributing the spray of perfume throughout a room. Indeed, I have seen those used when the better form could not be obtained. There are a multitude of medicinal remedies useful enough, but the best is probably ipecacuanha wine diluted with two parts of tepid water. The inhalation bottle, or rather the nozzle of the tube, is within about a foot and a half, or even one foot, of the inhaler. The spray should be well

drawn in; if coughing ensues, the liquid may be weakened, but the tendency to cough will soon cease, and if the inhalations are used twice a day, benefit will soon be evident. Any chemist can give directions how to use the regular spray-producers. The inhalation of steam alone often affords much relief during attacks.

But to be able to ward off attacks is better far than to cure them. This will hardly be effected by the constant use of medicine, cordials, stimulants, &c., which I am never tired of deprecating. Nor by too much coddling indoors, for no man or woman can have a hardy chest who does not breathe pure air. This is as essential as food, if not more so. Nor by a too warm temperature in the bedroom, which ought to be about 60° Fahr. all night, and kept uniform by a judicious banking of the fire. Nor by too great a weight or pressure of bed-clothing, which is always prejudicial indirectly, if not directly, by weakening the system. Nor by wearing a great abundance of clothing out of doors, which also weakens not only the chest, but the whole system. Daily exercise of a pleasant but non-fatiguing kind is imperative. The sufferer should not be too much afraid of the weather, but be protected against it. Light warm clothing defends one against the cold, a light waterproofs should be worn, but only when rain falls, while as for dry powdery snow it hardly signifies.

Sunshine should be courted. Gentle exercise taken *in the sun and out of a draught* cannot be too highly recommended.

Avoidance of chills should be studied. If carriage exercise be taken, it should not be on a day when a high wind blows against the person. The only bad effects of night air lie in its being colder and generally damper than that of day. A sudden change from a warm room to a cold one, if one stands about in it, very often gives a disagreeable chill, or coming out of heated apartments into the air of night without being well wrapped up.

Weak-chested people would do well not to take the morning tub cold, but tepid. There is a plan of bath I have recommended to many, and which is very beneficial in securing that action of skin so necessary. But, indeed, it is an Irish bull to call it a bath, for it consists in simply well rubbing the body every morning with dry rough towels.

I have recommended also the rubbing of the chest with a saturated solution of the ordinary sea-salt of the shops, and the wearing of a light chest-protector.

The strength of the weak-chested should be kept up to par, but not beyond it. Any approach to grossness or over-fulness of blood is favourable to a return of the cough as the secretions become vitiated.

Milk is a good thing; a small cupful in the morning before getting up will do good, but I cannot approve of adding any rum to it. Plain, easily digested food is the best: the meat should be tender, or it will not be easily assimilated; fish and game in season. Vichy-water with meals occasionally does good, or lemonade and lime-juice.

As regards residence in so-called health resorts, one's own medical man must, of course, be consulted:

so much depends on the nature of the case. A relaxing climate may suit some, such as Undercliff, Isle of Wight, or Penzance, or Hastings, while other people would do better in cheerful old Brighton, or in some part of the Riviera. Yet, after all said and done, the majority of weak-chested people will be as well at home among friends and relations, and this for many reasons.

Sufferers from what is called *Bronchial Asthma* are perhaps more to be pitied. It is not generally known that this is purely a nervous disease, the fits or paroxysms being brought on by a variety of different causes, which produce contraction of the muscular fibres of the bronchial tubes. It may be but one symptom of chronic bronchitis and of many other ailments, or it may proceed from a disordered state of the nerves.

This last fact should never be lost sight of by the sufferer himself, as it ought to tend to the regulation of his mode of living.

The asthmatic, too, may take heart of grace from the fact that he is probably a healthy man in every other respect except simply the asthma. This is bad enough, certainly, but, again, it hardly ever destroys life, terrible though the fits may be, and cure is now and then—I hardly dare say more—possible.

The *causation* of the ailment in question is some-

what obscure, but it is well that sufferers should have some knowledge of the things that actually produce the fits themselves, so that they may be avoided. 1. The air of certain towns or places will, so that relief should be sometimes sought for in a change. 2. Cold air, dust, and vegetable irritants from fields, or even gardens. 3. The emotions, if too much excited. 4. Worry of mind. 5. Excess in eating or drinking. 6. Certain articles of diet of an indigestible kind, such as salmon, plaice, fried soles, pork or sausages, tough meat of any kind, pickles and cheese, especially if such food be taken late at night. As to the *treatment* during the fit, the patient will very likely have chosen his own remedy for this. I need only say that chloroform and ether succeed sometimes, but are dangerous. Strong coffee does well in others. Nitre paper fumes are harmless, and often effectual; then there are Joy's cigarettes.

During the intervals the greatest attention should be paid to the general health. The same advice given to those suffering from Chronic Bronchitis as to hygiene, &c., may be taken by the Asthmatic.

Spirits should be avoided. I mention this because I know that a great many sufferers fly to them for relief. They assuredly do infinite injury in the end.

AFTER A COLLISION.

BY ARABELLA M. HOPKINSON, AUTHOR OF "A WOMAN'S STRENGTH," "THE PROBATION OF DOROTHY TRAVERS," ETC. ETC.

NO, don't shrug your shoulders, George; just listen to this. For this one really does sound likely, and there is no doubt that we *must* do something, or we shall be obliged to take Charlie away from school. So don't interrupt me until I have read to the end, and then you can mention all your objections."

Thus adjured, my husband put on his most resigned and irritating expression of countenance, listening, with the air of a martyr, as I read out to him an advertisement from the *Morning Post*.

"Wanted for a young lady, suffering from a mental shock"—here he raised his eyes from the contemplation of the table-cloth, and pursing his lips together, emitted a long low whistle—"suffering from a mental shock," I reiterated, "a quiet refined home in a secluded part of England, where she may enjoy pure air and home comforts. Country vicarage preferred. Liberal terms for a suitable offer.—Apply to S. W., care of Messrs. Beal and Brown, Lincoln's Inn."

"Well, my dear?"

"But, George, dear! don't you see that we are the very people? Are we not quiet and refined? and is not this a secluded country vicarage? Is not our air purity itself, and are we not terribly in want of liberal terms? Oh, George! don't look unutterable things."

"Mary," he answered solemnly, "this is, at the very least, the fiftieth advertisement you have read out to me within the last month. I have answered twenty-five of them, and they have all come to nothing. We are all that you say we are, but there are hundreds of other quiet secluded vicarages, whose inmates will apply for the care of this lady."

"But, George!" I cried, seeing that he was about to disappear from my ken, "is it not worth trying? After all, it is only one stamp, and—" He interrupted me, quite roughly for him.

"Do as you please," he said. "Answer every advertisement in the paper, if you like, but remember, you might keep Charlie at school with the stamps you waste;" and with that he vanished into his study, shutting the door ostentatiously, and turning the key in the lock.

Now, my husband is both a good and a clever man, but he has not that tenacity of purpose that some great author, I forget who, has justly ascribed to the weaker sex, and of which I possess my full share. I was determined to keep Charlie, my only boy, at school, but how to do so, when our living had fallen to less than a quarter of its original value, was a problem that could only be solved, to my mind, by a close study of the advertisement sheets of the daily and weekly papers.