

Alice was ; but she felt so strongly on the subject that he did not attempt to argue with her. Only, he went down to Birmingham and had an interview with the bank directors, with the result that they consented to pay Alice the whole sum they had offered as a reward for the recovery of the stolen notes—£2,000.

This happy windfall made it possible for the two

young people to be married as soon as they chose, and they did not choose to delay the ceremony very long.

Tom and Alice live in a small but charming house in one of the northern suburbs ; and Mrs. Midhurst keeps in her bedroom a piece of furniture which is to little Tom and baby Alice a source of endless amusement and delight—Mr. Meakin's Looking-Glass.

A WORD ON MEGRIMS.

BY A FAMILY DOCTOR.

"These are his megrims, firks and melancholies."—FORD.



THE constant association of certain qualities in man with certain physical appearances has long been observed, and this association led, in ancient medicine, to the doctrine of temperaments : a subject of sufficient interest and importance to deserve separate consideration. For example, dark people are popularly supposed to be most liable to those nervous disorders which are undoubtedly becoming more frequent nowadays. A possible explanation of this greater frequency may be found in the recent observation that the number of fair-haired people is diminishing, while

dark people are becoming more numerous ; but after all, the exacting conditions of modern life may be the real cause. One of the most well-defined forms of nervous disorder is an attack of Megrim—a word which itself requires passing notice. It is derived from the Latin *hemicrania*, through the French *migraine*. It was first applied to headaches affecting one side only, but it is now used to describe a sequence of nervous symptoms of which one is pain in the head, whether it is local or general. Beginning with a fit of the blues, or perhaps with unusually high spirits, sometimes with mere uneasiness or fidgets, occasionally with irritability for no obvious reason, the attack gradually develops until it prostrates its victim, relaxing its hold only when, after a varying interval, he falls asleep. The attack often begins abruptly. The sufferer may waken with the headache fully developed ; more generally, however, some previous warning is given. Disturbances of vision are frequent. The sufferer may "see stars," the printed page may become blurred, definite pictures of a fortification pattern may be visible. He may also lose control of his speech—forget words or use wrong words—a condition technically known as *aphasia*. At times there is a feeling of chilliness, and his hands and feet become cold. After a while the headache begins, which gradually increases in intensity until the patient goes to bed in a darkened room. Noise, however

slight, is intolerable to him. Nausea is almost always experienced, which often results in actual vomiting. Relief is thereby obtained, and for this reason the complaint is widely known as a "Bilious Headache." Little can be done in the majority of cases to cut short an attack once it begins, but with constant care their frequency can be greatly diminished. Many powerful drugs, such as antipyrin, have become fashionable, but I wish most emphatically to protest against their general and indiscriminate use. Serious results have often followed when such drugs have been taken without skilled advice. There is also the further danger of the formation of a drug habit, more intolerable than the disease itself. At the outset of the attack a dose of the old-fashioned, but effective, rhubarb mixture is best in the greater number of cases, followed by retirement to rest for a few hours.

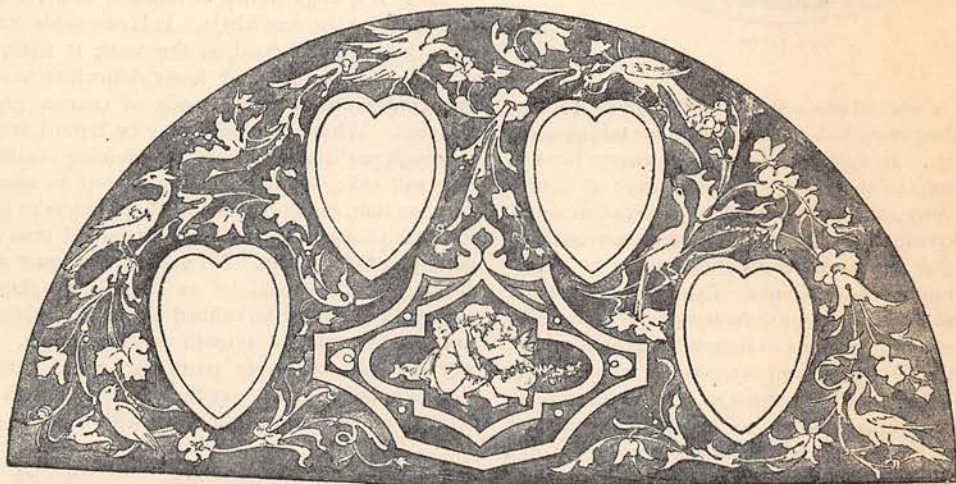
Megrim is a functional disorder, like most other nervous complaints, and depends generally upon some form of irritation. It is best regarded as a "nerve storm," and all its symptoms are in reality due to nerve-action. The causes of megrim are numerous. Anything which lowers the tone of the system, as *anæmia*, over-exertion, tends to induce an attack. Over-fatigue of the muscles of the eyes, due to the unnatural strain experienced by them during a visit to a picture gallery, is a most efficient cause. Too long abstinence from food, especially missing a meal, over-rich or unaccustomed food, irregular habits, indigestion, and constipation, produce gastric irritation, and consequently are immediate causes of megrim. The want of habitual regular exercise partly explains why women are so much more subject to this complaint than men, who (however sedentary their occupation) are generally obliged to spend a considerable time out of doors. There can be no doubt but that such games as lawn-tennis and the gradual introduction of cycling as a relaxation for women have done much to provide them with necessary and attractive forms of exercise. In many cases, increased physical exertion has been followed by most satisfactory results. It is obvious that many of the causes of megrim are under the direct control of the sufferer, and if he deliberately transgresses the law he does so with the certainty of paying

the penalty. Although the regular life which those subject to megrim ought to lead may be irksome at first, the relief from prostrating headaches is so intense that it more than counterbalances the temporary loss of enjoyment due to the self-denial of many pleasures, involving either undue excitement or interference with the routine of daily life. Heredity is an important factor in the predisposition to megrim, and many members of the same family may suffer. There are, however, two other causes, apparently trivial and frequently neglected, but which are, nevertheless, very

common. The first is an error of refraction, causing astigmatism, and the megrim disappears when suitable glasses are supplied. The second cause is any constant form of irritation, as a decaying tooth, and as long as the irritation is allowed to continue so long will attacks of megrim be frequent and severe.

One word of consolation : megrim is more frequent in youth, and as years roll on it diminishes in intensity and frequency. It has been said that it implies more than average ability—it is at least certain that many of our most distinguished men suffer from it.

MARQUETERIE WOOD STAINING.



DESIGN FOR A PHOTOGRAPH FRAME.

THE sensible fashion of taking up an art work which will enable us to improve the appearance of our homes, by decorating walls and wood-work of rooms, and by ornamenting articles of furniture and embellishing knick-knacks, is spreading quickly. It is a noticeable fact that ladies living in the country are eager to hear of all the work of this kind which is being done in town; and there is no doubt that many would be glad to try their hand at Marqueterie Wood Staining, if they could see the excellent specimens that are now being daily produced.

Although imitation marqueteries have been in for some time, it is only lately that examples which could fairly be called good have been shown in any number. Here and there we have seen well-executed pieces, but, as a rule, the colouring of the patterns has been garish, and the designs poor and often badly drawn.

All this is changed now. What may be termed truly artistic work is turned out by ladies, both professional and amateur. They excel in neatness of work, the outlining is firm and clear, and they choose designs which, though bold and free, yet display some of the fine details which play important parts in much of the old marqueterie.

Many artists object to the word "Imitation" being used in connection with modern art work, and I heartily feel with them that it has not an attractive sound. Mostly imitations are undesirable; often they are worthless. False gems are execrable, because they pretend to be the real things; they do their level best—poor as that is—to deceive; but marqueterie wood staining, though it resembles real marqueterie, can stand on its own merits; like tapestry painting, it is artistic work, not merely a mechanical copy of something else.

Almost any sort of decorative design may be selected, so that workers need not go out of their groove—if