SOME USEFUL HINTS ON SURGERY.

BY MEDICUS.

When I was a little boy at my first school the Bible was read to me, and it was the first history ever I had read, and I was naturally much interested in its heroes and heroines. David, I know, seemed to my mind just the beau-
tiful of all a boy should admire. I yearned to be as noble, but I was not strong enough to become any boy. I aimed at being a farmer's son in a distant field; this was very wretched, but when I saw Nellie drop the broken chimney into the well, I knew then only a very little of what I know now, I would have acted differently. But what I did then is just precisely what mine out of every ten youths do daily. When an accident occurs to a brother, sister, or play-
mate. To render assistance promptly hardly ever occurs to them.

"Oh, how some of my readers may ex-
claim, "we don't know what to do in cases of emergency."

You are quite right; and therefore I am going to tell you in this paper and in the next what is the best and safest way to deal with little accidents, and I am quite sure you will listen to what I have to say with pleasant and derive some profit therefrom as well.

Now the most alarming of all little accidents, the eyes of young folks, are those that are accompanied by the effusion of blood, so that the poor child cannot see. The best way of these is bleeding at the nose. Sometimes, in the case of stout, rosy-faced children, this is salutary, but it proves that they are making blood too easily, but if they are in health, it is not strong, so the general health should be seen to, and plenty of exercise taken. As to medic-
ines, laxatives should be given and some simple tonic. When bleeding at the nose occurs from a blow, or if it be excessive from whatever cause, means must be taken to stop it. The sufferer must not remain in a warm room, but lie on his back in a cool one, and the head thrown well back, the arms raised, and either ice or a cold piece of iron or steel applied to the spine.

Cuts or wounds, as a rule, require very simple treatment. First and foremost, do not be alarmed at the sight of a little blood; there is no danger, unless it be of a very bright red color and spurted in jets; this is to show that an artery had been cut; but even then you must not give way to fear. All you have to do is to apply pressure on the wound by means of a clean, and send hot as well as cool to stop the bleeding. If a simple cut or wound is torn and lacerated, it must be washed with cold water and a bit of sponge before it is done up, and if any dirt or foreign matter, such as sand or glass, be in it, that must be carefully removed; then cut two or three pieces of sticking plaster, about as long as your little finger, and no wider, heat them one by one before the fire, and one by one apply them over the wound, just to keep the edges together. After you have applied one, you must not put the next close to it; you have to leave room between every piece, for any matter that may form, to afterwards draw out in a sea. A simple cut may be treated with the same care as any other little, made by stretching a piece of old, cleanly washed linen tight, and scraping it with a knife; over all a bandage must be put, and you must not disturb the dressing more than is absolutely required. If it seems angry, a bit of clean surgeon's lint dipped in water, with a piece of oiled silk over it, and soothing dressing. A simple even cut may be treated with the same care as any other little, made by stretching a piece of old, cleanly washed linen tight, and scraping it with a knife; over all a bandage must be put, and you must not disturb the dressing. A bitten tongue often bleeds profusely, and gives great pain. Wash the mouth with the coldest water, in which some powdered alum has been dissolved, and continue doing so until the bleeding subsides. When the skin has been torn or grazed off any part of the hands, arms, or legs, the bleeding is sometimes difficult to stop. Cold water may be sufficient to stop this, if not, but a tincture of iron should be applied. This tincture of iron is the same tonic (called steel drops) which I so often recommend pale and delicate girls and women; a proportion of ten to fifteen drops three times a day in a little cold water. So you see it is a handy thing to have in the house for more reasons than one. Scap-wounds, or wounds in the head, require somewhat different treatment. If in the forehead, the usual sticking plaster dressing and a bandage will suffice to mend the damage, if it be the back of the head, the latter must be cut off all around the wound to admit of the application of the plaster; the bleeding in either case must be stopped by pressure on the wound. The youngster of my readers should know how to treat simple scalds and burns, for, small though they may be, they are exceedingly painful. Midshipman of half the battle if you can give relief. A burn or scald in the hands, or wrists, or fingers, if the skin be not blistered or broken, is relieved in a sur-
prisingly short time by the application of a rag or muslin of lint wetted in turpentine. Scap applied to a slight burn is likewise a good application to remove pain. Water-dressing is also effective, and after the pain has been removed, the place may be dressed with simple ointment, cold cream, or glycerine. Another excellent application to a burned surface is called the iron oil, it is composed of equal parts of lime water and olive oil, with a small quantity of turpentine. In all cases of severe burning medical aid should be summoned as soon as possible. If a child's clothes catch fire, she ought to be thrown down at once, and a heart-rending, blanket, or whatever comes handiest, rolled around herself, and smother the flames. When anyone has the misfortune to catch fire, she ought at once to throw herself on the floor, and roll about; if this plan be resorted to, the fire will be extinguished before the flesh and life may be saved, to say nothing of terrible deformity.

Children sometimes swallow boiling water, from a kettle for instance. In a case of this kind all you can do is to keep the sufferer perfectly quiet, and give him ice to suck if you can procure any, and meanwhile send at once for a surgeon.

Bruises are the result of direct violence; in these cases, although no bones are broken and the flesh is left intact, the small veins in the flesh are irritated and blood thrown out under the skin, discoloration being the result. A black-eye is one of the simplest examples of this, and probably one of the commonest; a blow on the forehead against something hard is another; and both, simple though I call them, are very disfiguring, espe-
cially in a young girl. When then, anyone receives a blow which she afraid may lead to discoloration of the skin, either aica, lotion or spirit lotion should be applied im-
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able time;
and causing great distress, because they are not only disfiguring, especially if in the face, but very painful as well. These boils also point to a state of the blood which sadly needs reform; indeed, the general health of girls who suffer in this way is at a very low ebb. Everything, then, should be done that tends to increase the strength and purify the blood. Simple laxatives, such as cream of tartar or Gregory's powder, should be taken twice or thrice a week. The digestion should be carefully attended to, nothing being eaten that is in the least likely to disagree, and not too much of anything eaten at one time. Exercise in the open air should be abundant, but not fatiguing, and the soup bath taken every day. (I have already described the method of taking this bath in THE GIRL'S OWN PAPER.) Tonic medicines should be taken also, say a teaspoonful or more of quinine wine three times a day and ten drops of the tincture of iron.

Touching the little boils three or four times a day with a drop or two of Godlind water, and suffering it to dry on, may tend to keep them back, or hot water may be tried.

A sty is simply a small painful boil on the eyelid; it should be bathed three or four times a day with warm milk and water, and a nattice applied at night. As soon as it points, great relief will be gained by pincing it with a fine but perfectly new sewing needle.

WHAT THE FLOWERS SAY.

"Is there any moral shut within the bosom of the rose?"—Tennyson.

THE MOSS ROSE.

or may look at flowers in two ways—botanically, which is very interesting, or emotionally, which is more interesting still. They are almost all surrounded by a halo of human thought, and we find in them—or fancy we find in them, which is much the same thing—an approach to human expression. We speak of them as possessing pride, modesty, boldness, delicacy, as inspired by joy, sorrow, and ambition. We give them a voice and a language.

We do not, of course, always know what they say. You remember the man in the fairy tale who had the gift of understanding the speech of animals, but lost it through telling the secret to his wife. Now it is not unlikely that the exact language spoken by the flowers, if ever it was known, has been lost in some such fashion. We comprehended it, they comprehended it, at it we might guess at the speech of our dogs and cats.

Some people can never understand its meaning, any more than they can understand what is told by any of the other wonders of nature. Such are not desirable acquaintances at all. Keep far away, a wise man, from those who have no sympathy for flowers.

The great thing requisite to be in love with what is beautiful, and to have an open and tender heart. To all happy natures of whom this is the description, flowers say strange things, and birds and beasts make surprising revelations.

The object of this article is to speak of the language of flowers as it is at present understood. By the matter-of-fact this language has been held of small account, and has often been sadly misrepresented, but girls, to speak

presses a certain thought, but given with its head hanging downwards uttering just the contrary sentiment. You may also, they say, vary the expression of flowers by altering their position. The marigold placed on the head, for example, signifies sorrow of mind; above the heart, pang of love; resting on the breast, arrest. It makes a difference, too, if you present a flower with or without its leaves or without its thorns, if it happens to have any thorns. A rosed, with all its thorns and leaves, means, "I fear, but I hope;" stripped of its thorns, "There is everything to hope for;" stripped of its leaves, "There is everything to fear."

But all this is too elaborate for most people, and we must always bear in mind that the poetry of nature may be ruined by indulgence in fantastic whims. Let us speak first of the rose, the flower of love and beauty. No other has been more highly praised by poets in every country and in all past times. It has had the most high-sounding names given to it: Queen of Flowers, Daughter of the Sky, Glory of Spring, and Ornament of the Earth show the depth of enthusiasm it has excited. We therefore naturally expect it to take a leading place in speaking the language of flowers. And so it does.

Roses represent a different sentiment according to their colour. The white rose indicates "innocence," the crimson "longing," the dull red "devotion," the single rose "simplicity," the damask rose "fondness," the cabbage rose goes forth as "an ambassador of love," and a white and red rose together form a symbol of unity.

A yellow rose means "decrease of love" or "jealousy," yellow, according to one of the articles of folklore, being a jealous colour. If you wish to indicate "charming grace and beauty," you must select a China rose. That

THE LILY.

must have been the flower sent by the poet with the famous verses:

"Go, lovely rose,
Tell her that waits her time and me
That now she knows,
When I resemble her to thee,
How sweet and fair she seems to be."

In the East, the rose is above all others the flower of affection. There is a beautiful story which represents the bullet—so the Armenians call the nightingale—as falling in love with the rose, and as only beginning to
devotion you showed when I was so ill! I scarcely knew what was going on; and I can speak for myself of what it has been since. So I partly owe this recovered life to you. Yes; don't interrupt me as I am saying, my dear. I had not deserved this at your hands, if I see now how cold and hard and unloving I have always been. It must have been a strange life for you, poor child! I shut up as you have been with me, for my pride and selfishness made me keep you from forming any intimacies or friendships, even if you had had the opportunity. I see it all in its true light now, though I never did before; for I thought I was doing my duty by you, and never paused to look at anything from your point of view. It is very humbling to perceive that my whole life has been one long mistake, and course of self-delusion. But I trust for the future it will be very great must you forgive me all the past, Miriam?"

"Aunt, don't—please don't talk like this," cried Miriam, quite distressed.

"It is all true, my dear; there is no gain saying it. As regards me, now that I long to make amends the opportunity seems past. Now I have learnt what a treasure I have in you. I must give you up;" and an expression of unfeigned regret and sadness rested on Miss Rebecca's face.

"What do you mean, aunt?" exclaimed her niece, in astonishment.

"How are you going to give me up? Are you going to send me away?" and a feeling of dismay crept into the girl's mind at the bare thought. For to leave Heatherdale now would be to go away from the Forrests."

"You need not be alarmed," returned Miss Rebecca, with a quiet smile, which was reassuring, and, indeed, had a faint gleam of mischief in it. "And you shall not go unless you wish it. You shall remain here if you prefer it; for I shall be very sorry to part with you. Only I won't put any obstacles in the way of it.

"But where am I to go?" asked Miriam, in bewilderment.

"If you like, it to a home of your own."

"I don't understand you, aunt."

"Then I must speak out, plainly. Mr. Forrest—Robert Forrest, I mean—wants to rob me of you, that he may make you his wife; and he has asked permission to speak to you himself when he comes here this afternoon. Of course, you are at liberty to give him what answer you think proper."

"He makes faces that would crinize to the very roots of her hair, and then she had her face in her hands. A tumult of mingled feelings swept over her, such utter surprise and such exquisite joy that her heart seemed to be unable to contain it all. In her simplicity she had listened up to Robert Forrest as one so far above her in every respect as to stand on a different level altogether—as far removed from her by his talents and goodness as by his age, which she had fancied entitled him to respect on that score alone. To have such an honour put upon her as to be chosen to be his wife seemed altogether incredible. It quite took away her breath. Ah, there need be no deliberation as to her answer: her heart should be. Until her heart must have spoken those very plain words she had never dreamt of such a thing as love or marriage between herself and Mr. Forrest; but now, as with a lightning flash, the state of her feelings had been revealed to her, and she found that she did indeed love him with all her heart.

She stole away, out into the garden, where, alone with the dear old mountains standing around, she could examine and look at this newly found happiness. And then her thoughts flew back to Lionel. She wanted him beside her at this moment of supreme joy to share it with her, as she knew he would have done, and sadly she remembered that she could no longer have his sympathy in any of her joys or sorrows. But the next moment she realised how great must be the bliss that now was his; her happiness was now nothing compared with the "fulness of joy" which is at "God's right hand," and of that he was now tasting. What comfort there was in that thought! God had indeed been good to Lionel, for had He not taken him to be with Him and made him "most blessed for ever"? And how good God had been to her too; first of all giving her such a brother and now such a husband! Feelings of sweet thankfulness filled her heart; her cup seemed to run over; sunshine flooded her path. And, best of all, she felt the Giver of all this joy to be very close beside her, rejoicing with her in her gladness as He had sympathised with her in her sorrow.

No wonder that when Robert Forrest came in the afternoon he thought he had never seen her look so sweet, and felt what a prize would he could but win her. Of that, however, he felt very doubtful. The difference in their ages for one thing, he feared, would tell against him."

"For you must remember I am ten, nearly eleven, years older than you are," he said, wishing to place everything fairly before her.

"Only that! I thought you were much older," she said naïvely, with a bright, amused look on her face.

"And you don't think it an insuperable objection?"

Her smile answered him; and, completely reassured, he said no more on that point.

A new life now opened up for Miriam, a life more full of deep quiet joy and useful work than any she could ever have pictured to herself. And when two or three months had flown rapidly by, she became the happy wife of Robert Forrest.
certain people are more apt to be sting than others.

I myself was a victim to the playfulness of these yellow bees. I think they like to sting good people best, that is my way of looking at it; but I have some friends who purport to have been stung and enabled to raise their hands or faces. One day last summer I was prevailed upon by a lady relation, to allow one to alight on the back of my head. This particular was walking about the length of two of my knuckles, then he stopped as if some happy thought had just occurred to him. Next moment the wasp was calmly flying in at the window, and I, the victim of misplaced confidence, was rushing frantically away for the ammonia bottle. Yes, that is the cure—ammonia, strong harcham, and a bit of barbed wire put on the part that has been stung. Hive bees always leave the sting, wasps only sometimes, if they do so, it must be the hand or foot. If no honey bee is at hand, try salt and water, or strong soda (washing soda), then rub the part with olive oil.

Wooden utensils of the country, especially where the land lies low and flat, young people suffer greatly while in bed at night from the bites of gnats. These things are really second cousins to the house mosquito, and bite rather equally just as painful. Here again ammonia is the cure. I have known cases where delicate girls and children were quite fevered from the loss of rest and blood, and stung, with nine bites by the bites of these tormenting insects. The febrile disturbance is accomplished by weakness and nervous depression. It is best relieved by a tablespoonful of yellow bark, a small teaspoonful in water three or four times a day. Coffee also does good; it may be made in the morning and drunk cold in small quantities during the day, without either milk or sugar.

Those who walk much in grassy paddocks or orchards are often bitten by the almost invisibly small insect called the harvest bug; touching the spot with harschom destroys the poison and kills the animal, if it has burrowed. The swelling and pain occasioned by the bite is best lessened by rubbing the part with spirits of camphor.

Children sometimes, while eating fish, especially if eating of a habit which may lead to digestion, have the misfortune to get a bone stuck in the throat. It is usually a small one, so that some attempt should be made to get it out. If it does not come out,111 Swallowing a piece of bread or half chewed may do this. If not, and the bone can be seen or felt, it should be hooked out with the fingers. Choking on a piece of meat is a terrible accident. Medical aid should be at once summoned; but very often this is too late, and the victim in dying is dead ere he arrives. A smart blow or two on the back will often tend to dislodge a piece of meat or food of any kind stuck in the throat, but if any attempt at swallowing can be made, a tablespoonful of salad oil should be taken.

Talking of things sticking in the throat brings me to say a word or two about foreign bodies sticking in the ears.

In the eye, for example. While walking or riding on a summer’s evening or afternoon, infinite flying beetles often get into the eye. The people of the Cotswold, when they alight anywhere, immediately fold up their wings and put them away under a kind of tipet they wear over their ears. In Bridport, Dorset, I once observed a girl who supposed they do this to teach human beings always to take the greatest care of their best things. Well, if one of these little beetles got into your eye, you must have companions to remove it with the corner of a handkerchief, gentle rubbing of the eyelid in one direction will bring it to the inner corner of the eye, from which the finger alone will be able to remove it. Or if this fails, lifting up one eyelid so as to get the other under it to sweep it will usually be effected, but if not, you must consult a doctor.

Now, I know that any girl who can read this magazine is too old to be likely to amuse herself by poking peas or beans up her nostrils, but her tiny brothers and sisters may, by this way of gaining new experiences. When such a thing happens the foreign substance must be dislodged somehow. A pinch of snuff—it must be a young pin—the dust must be effective by causing it to be sneezed out. And there is a right way and a wrong way of giving snuff to a child with this end in view. For the snuff must be drawn in very slowly, else the pea itself may be sent farther in, as before sneezing, the breath is drawn in; you must hold the child’s nose momentarily in order that he may take in his breath only by the mouth. Well, if this fails, you should take the child on your knee, lay him on his back, hold the nose above the pea to prevent it from getting farther back. If a bodkin is slightly bent, you must get it under the object, and try to hook it out. If you fail, medical assistance must be had recourse to.

When a pin is getting through, the best end of a hair-pin may be used to dislodge it, or a stream of water thrown in with a syringe to flush it out. The ear may also be syringed to get rid of a fly or some viper from which, if lodged in the ear, is most distressing, not to say alarming. But olive oil had better be dropped into the ear first, this will kill the insect, and very likely shut the pin or fly up.

When a ring cannot be removed from the finger, it is just as much matter out of place as a pea in the nose or fly in the eye or ear. It is not too much air to put in by blowing, or a bit of pin and swelling. When you have tried in vain to remove the ring from your oiled or well-soaped finger, give up any further exertion for an hour or two, then place the hand in the coldest water for a minute or two and wiping it dry, take a long and line thread and roll it tightly and closely round all the finger in front of the offending ring, beginning at the extreme tip, and as soon as you reach the ring, slip the end through, and endeur to work it gradually, pulling this, it must be tied off, and thus a surgeon must do.

The accident which is generally designated by the name of sprain is simply a stretching or wrenching of one of the tendons near a joint, or it may be even the incuration of one of the ligaments of the joint. There is usually much pain or tenderness and swelling. A very bad sprain may require the application of leeches to subdue the swelling. An ordinary sprain should be gently rubbed—remember the rubbing must not cause more pain, no "clacking" should be permitted—it should, I say, be gently rubbed with some such stimulating embrocation as opodeldoc, and then swathed in a flannel bandage. Very forcible fomentations may be used to soothe the pain and abate the swelling and inflammation; this may be followed by the application of a soothing balm, such as white of egg or the splintered joint must be carefully enjuised, if it be a foot, a lace, or ankle it ought to be raised on a pillow at night and on a chair by day; if it be the wrist, it may be carried in a sling. Make no attempt to use the splintered joint until all the pain is gone, and even then you must be careful. In cases which are complicated sometimes with swelling, is best removed by salt water douches, or by pouring cold water from a height on the part. When that comes from a sprain is very severe, great relief is obtained from the laudanum fomentation. An ordinary fomentation means the application of flannel; warm from water as hot as the hands will bear it; a laudanum fomentation is made by simply pouring a teaspoonful or two of tincture of opium on the flannel before it is applied. The mustard fomentation is made to the chest when the cold of the chest gives much pain. Here the flannels are wrung out of water in which two or three good handfuls of mustard have been made and wrung until the size is nearly cold. The turpentine fomentation is also a good one in the same kind of cases; a tablespoonful of turpentine is poured upon the heated flannel and the chest well rubbed with it, or it may be simply laid upon the chest and changed for another hot flannel as soon as it begins to cool down.

TWENTY-ONE

Words by F. E. BREATHBURY.

Music by J. L. MOLLY.