

HEALTH ALL THE YEAR ROUND.

By MEDICUS.



My title is an ambitious one, and any one of my girl readers might be excused for putting the following question:—

“Does Medicus mean to tell us that he can give us in-

structions how to be sure of health from January to December?”

And Medicus frankly and candidly answers “No.”

Yet even in a single paper I may be able to give you a variety of hints that will help you to keep on the straight path of health, and some that will aid your return to it, should you, from accident or otherwise, happen to deviate therefrom.

We mortals must use the means to retain health. Heaven alone can give the blessing.

Well, to commence with, I must inform you that this month's contribution of mine is not meant for invalids altogether, although these may profit by perusing it.

I wish to suppose that you are in a fair state of health, and that you wish to remain so through the coming spring, the summer, and the autumn, and even till winter comes again, and Christmas heralds another new year. There are many rocks and shoals ahead that you must steer clear of, and I, for the nonce, depute myself to be your pilot.

Well, every season has ailments peculiar to itself. Some of these I shall treat of, but first and foremost let me speak of general principles as regards living judiciously. I will be brief, very brief, for the simple reason that I have spoken of them all before.

1. *Perfect Ablution.*—What does this mean? It means the retention of the skin in that state of perfect purity which alone is compatible with the maintenance of health. Have I not said over and over again that no one whose skin does not act as Nature intended it should could be really and truly well? Nay, you may neglect your bath and you may feel no evil results from this at present; but depend upon it you are weakening your system. If the skin does not, or, rather, I should say, is prevented from performing its duties, as a great emunctory, greater stress and more work is thrown upon the internal organs, especially upon the liver, and although while you are young and strong this organ may not complain, the day may come.

Independent of its uses as an organ of touch and a covering for the whole body, the skin regulates the animal heat. When, and only when, it is in perfect order, it carries off heat from the body by means of the insensible perspiration in hot weather, thus cooling the blood, and obviating danger from internal congestions; and in cold weather it maintains the heat of the system. But a more important duty still has the skin to perform, in carrying off from the body and the blood, by means of the sweat glands, an immense amount of effete or used-up material, which, if retained, would tend to poison the blood and produce disease of many different kinds.

A young girl who neglects perfect ablution is only half in health, whatever her feelings to the contrary may be. There cannot be in such a one real purity of complexion, nor per-

fect clearness of the eyes; hence there cannot be perfect beauty.

2. *Exercise.*—How many thousands there are who scarcely know the meaning of this word. Exercise must be quite independent of any labour you may have undergone during the day. Exercise should be taken with regularity day after day; it should not be fatiguing, but very nearly so; one sleeps better at night after returning from a long walk that has rendered her pleasantly tired. Exercise must be pleasant to be of use. If walking is indulged in, remember you must either traverse roads or streets slowly and leisurely, where you find something to amuse and instruct, or you must be going somewhere, and have some object in view. A meaningless march along an uninteresting highway is a mere depressant, and if it does any good at all, it is only because you are breathing fresh air. The dumb-bells I never looked upon as a very useful form of exercise. If dumb-bells could only speak, what tales they would have to tell of the folly of those who use them!

Exercise is best taken an hour or two after a meal, and neither immediately before nor immediately after. During exercise wear light clothing, and beware of perspiring too much, lest you weaken the body, and make it subject to a chill whenever you sit down.

3. *Eating and Drinking.*—Temperance in both must be observed. Eat slowly—very slowly—and swallow as little fluid of any kind as possible. No heavy suppers; very little meat at any time; plenty of vegetables, including bread. Of this last those who are inclined to *embonpoint* should eat but very little. Obesity is unhealthy even in grown-up people; it is worse in the young. One's own taste should be consulted as to what is beneficial, but even things that are liked should be partaken of but sparingly. It is a bad thing for a young girl to go for too long a time without food. The stomach preys on itself, and the whole system gets weak from long fasting. There are times, of course, when a girl cannot get food at the time she would need it, and on such occasions when coming to table she is apt to be hungry indeed. Let her beware of over-eating, or eating too hastily, at such a time.

4. *Sleep.*—This must be obtained, else the nerves will fail and debility will ensue and open the door to any ailment that may choose to walk in and take possession of the system. But if you have been employed well all day, if you have eaten temperately and taken a bath and plenty of exercise, sleep will come. Take care that the room is well ventilated, however, and neither too hot nor too cold, and that the pillows are soft, the mattress firm and smooth, and the bed-clothing not heavy.

5. The mind has much to do with the health of the body. Try to control your temper, never get angry, if possible—if you are so and cannot help it, struggle to take time to talk. At such a moment silence is indeed golden; pray maintain it, if you cannot speak without exciting yourself and saying that for which you may afterwards be sorry. Read good books—especially religious books. Nothing tends more to produce a happy and contented frame of mind than religion and a well-grounded hope in a kind Providence and happy hereafter.

To maintain the general health by rule is really not so difficult as it may at first appear, because it very soon becomes a habit with one to live on correct principles. I only say this: try to do so for a month, and you will be

astonished at the improvement in your looks, and at the enjoyment you have in the simple act of living.

Now for a word or two about the seasons. First comes spring, and girls cannot be too careful to guard against exposure to its high, damp, and chilly winds. The body must be well protected by soft, warm underclothing. The neck and feet especially should be well protected, but be careful not to sweat either. Do not wear too thick shoes nor too thick stockings, for damp feet are to be avoided, and we should remember that perspiration will make the feet as dangerously damp as walking on wet grass can. Do not forget to change the stockings immediately after coming in from a long walk. The feet may be bathed at the same time; and if you be not going out again for some time put on house shoes—light and easy. Much discomfort and many a troublesome ailment may thus be avoided.

Colds and coughs are troublesome during this period. Prevent them, if possible, by careful attention to the rules of health, and non-exposure of body to draughts and colds. Take them in time, when they do come. Keep in doors for a day or two; take at first some light aperient medicine, a pill at night and draught in the morning, with a warm drink and hot foot-bath at night. If pain in chest, use mustard to redden at once, and cover up with warm flannel. If cough be troublesome, get a mixture from the chemist's after the second day, but tell the man it must contain no opium. This is highly dangerous for young people, and should never be used even in the form of paregoric or chlorodyne, unless prescribed by your own physician.

Sore throat is very troublesome. Wear linseed poultices all night, foment frequently during the day, and wear flannel round the neck; reduce the system a little by low diet and saline aperients, and keep to the house, but move about and do not coddle over the fire. Omit the morning bath, if you are in the habit of taking a cold one, when you have either a cold or sore throat.

All complaints common to the spring season of a painful character must be treated at first on the same general principles—low diet, saline aperients, and extra warmth to induce perfect perspiration at night. A Turkish bath now and then should be taken during the spring months, more especially if the weather be cold.

Tic-doloureux is an ailment from which many suffer. The body is nearly always under par in such cases. Extra nutritious diet should be taken, and such excellent tonics as quinine, iron, cod-liver oil, or extract of malt; but while using these be sure to take a pill or two at night once a week. It is wonderful what an effect for cold this will have.

When summer comes one is very apt to give up wearing warm underclothing too soon. This is a mistake that costs many a precious life. Here is the golden rule:—Be guided every day as to what amount of clothing you should wear by the state of the weather and the height of the thermometer, and never wear cotton or linen next the skin if at all delicate.

In summer too much meat is injurious. The cold bath should be commenced now, if perfect health is wished for. Study early rising. A girl should be dressed and out by half-past seven every summer's morning. Eat plenty of wholesome vegetables and salads, which are invaluable for maintaining the purity of the blood in either young or old during the summer months. Beware of over-clothing. Do not expose yourself to the sun

during the hottest parts of the day, nor forget that night dews are now as deadly as they are in spring-time. Sleep with your windows well open, but cover up from draught. The air from the window should not blow directly in upon the bed, nor should the bed stand between the window and fireplace.

The diseases most prevalent during summer are those of the digestive organs, ranging from simple dyspepsia itself to typhus fever.

If any feverishness of body exists, with headache, chills, and a feeling of aching in bones and limbs, send at once for a medical man.

Sudden changes in the weather are very apt to disarrange the digestive organs, and produce sicknesses in the delicate. In autumn we have usually the ailments common to both spring and summer.

It is during this season that the holiday should be taken. I have only to say here that a person who intends taking change of air, whether it be to the seaside, into the country, or among the hills, ought to live very carefully for at least a fortnight before she starts. Now would be the time to take some simple efficient tonic, such as that invaluable medicine, quinine and iron. Do not take it for more than a fortnight or three weeks at the outside. In autumn we ought to take more exercise than usual, and those who dread the cold should take a course of cod-liver oil.

Chest diseases and rheumatism prevail most in winter. We cannot, therefore, dress too carefully out of doors, nor take too much pains to keep the blood pure and the skin in working order. Remember it is the quality, not the quantity, of the clothes we wear that tells. Most people wear too much clothing, positively making their bodies a burden to themselves by it. Let it be soft and warm, then, but not heavy. Chest protectors may be worn by the delicate, by *night* as well as by *day*.

Keep up the strength in winter by good food and healthful exercise, and do not forget that soups, sugar, and even fatty meat, the oilier kinds of fish, such as salmon, &c., can be well borne in winter, though they produce indigestion in warm weather.

The temperature of the bedroom in winter should be about 55 or 60 degrees, never much below and certainly never above that.

THE QUEEN'S ROYAL SCOTTISH DESCENT THROUGH FEMALE LINE.

BY THE AUTHOR OF "THE PRINCESSES OF WALES."
 PERHAPS some of our girl readers, especially those who dwell or derive their origin from beyond the classic Tweed, would feel aggrieved that in the little sketch on p. 87, regarding the Queen's descent through female line, the writer glanced only at the English side. I shall, therefore, in a paragraph or two, endeavour to go back into the Scottish succession before the time of Mary Stuart, Queen of Scots, and point out how that beautiful lady—herself descended on the father's side from an English stock—came to be the representative, not merely of the great Alfred of England, but of the ancient Celtic sovereigns of Scotland, a far more ancient dynasty than that of the Saxon rulers of South Britain. For we must not forget that our fellow-citizens to the north of the Tweed grow indignant at times when the word "England" is used, as if it were equivalent to Britain. We would not willingly offend national sentiment, and we are afraid that the genial Professor Blackie would wax exceeding wroth if we taught English girls or Scottish lasses to think that Queen Victoria is sovereign of Scotland by reason of her descent from Alfred, and what Mr. Freeman calls "the Imperial House of Wessex."

When King James V. of Scotland, dying

of a broken heart at Falkland Palace, received the news that his wife, Mary of Lorraine, had given birth to an infant daughter, he is reported to have said with sorrow, feeling that his own end was nigh, "It came with a lass, and it will go with a lass." His two sons had died in childhood, within a few days of each other, and the Stuart (or Stewart) line closed with the new-born Princess, Mary, who almost immediately after being ushered into the world became the Queen of Scots.

The House of Stuart, which derived its name from the hereditary office of High Steward, had sat on the throne of Scotland from the year 1371, when David Bruce, the unworthy son of the renowned champion of Scottish independence, died childless. The crown, which had rested on the brows of the Norman family of Bruce for less than seventy years, then devolved on Robert Stuart, the son of Walter Stuart, by his wife Marjory, the eldest daughter of King Robert Bruce. Marjory was the "lass" through whom the Stuarts had come by the crown of Alban.

The ancient native line of sovereigns, which had sat in unbroken succession on the throne since the days of Malcolm, the husband of St. Margaret, came to an end in a most pathetic manner by the death of the little Maid of Norway, an uncrowned queen, towards the end of September in the year 1290. The body of the "sweet maiden," a child of eight, was carried back to her native land, and buried at Bergen, in the choir of Christ Church, and a long dispute arose between the various claimants to the throne. The case was laid by the Scottish nobles before the English King, Edward I., whose sister had been married to the last King of Scotland, and was the grandmother of the deceased maid. Besides, the infant queen had been betrothed to his own son and heir, Edward Prince of Wales. He canvassed the opinion of the most learned lawyers of Paris, but in spite of their decision in favour of Robert Bruce—grandfather of King Robert—the ambitious and unscrupulous arbiter gave his award in favour of John Balliol. Both of these nobles were descended from David, Earl of Huntingdon, brother of King William the Lion; the latter was the grandson of David's eldest daughter, the former was the son of the second daughter. Robert Bruce, the grandson of the original claimant, rebelled against the usurper Edward I., and was crowned at Scone in 1306.

We have now to go back to the year 1057, when Macbeth was driven from the throne by Malcolm Canmore. And here let it be mentioned, by the way, that the story of Shakespeare about Macbeth and "Lady Macbeth" (whose name was Gruoch, and who was of the old royal line of Scotland) is almost entirely a sheer fable and a scandalous fiction. Malcolm himself was the son of King Duncan, who, however, was the only son of a daughter (Bethog) of Malcolm II., the wife of Crinan, lay abbot of Dunkeld. Thus we come once more on succession through a lady.

Beyond this period much is conjecture even with the most acute and learned investigators, but, so far as the keenest critical acumen can discern, the succession of the Scottish sovereigns—*i.e.*, of the Scots who came over from Ireland to the country of the Picts—was probably derived from the marriage, some time before the year 843, of Alpin, a chief of the intruding Scots of Ireland, to some Pictish princess who was the heiress to a throne which from times beyond the ken of human history was in the possession of a race known as the Picts, whose language was akin to that of the Scots from Ireland.

Our good Queen, it will thus be seen, holds her right to the sovereignty of Scotland by a far more ancient royal descent than that in virtue of which she sits upon the English throne.

VARIETIES.

DOUBLE ACROSTIC.

Two Towns of ancient fame command the strait
 That oft was cross'd for love, more often still for glory,
 And which receiv'd, old poets so relate,
 Its name from one of those strange myths of classic story.

1. The young Sicilian Shepherd, who enjoys
 The smiles of her who is the fairest nymph of all,
 Till his gigantic rival's fingers poise
 The massive, jagged rock to crush him with its fall.
2. The Queen, who vows to dedicate her hair
 To Venus, when the king from battle safe returns;
 Close shorn, the braids luxuriant and fair
 Are laid upon the shrine when she his vict'ry learns.
3. When brave Ulysses, as a lover, seeks
 The fair Penelope to be his wedded queen,
 For all reply she hides her blushing cheeks
 Amid her snowy veil—what Answer doth she mean?
4. In former ages, when the simple tribe
 Cull'd roots or leaves approv'd to cool, or heal, or cure,
 Wise Æsculapius often might prescribe
 This Form of medicine—the same we now endure.
5. The wand'ring Hero, Homer's warlike theme,
 Founded a City on a distant western coast,
 High on three hills above a noble stream,
 But in its modern name, his own is almost lost.
6. His verses were with so much sweetness fraught
 That kings made him a friend among their courtly set,
 And, language failing to express his thought,
 He added four new letters to the alphabet.

XIMENA.

HIGHLAND MUSIC.

Some of the Gaelic airs of the Highlands of Scotland are very beautiful. They are simple, wild, and irregular, and before their beauty can be perceived they must be sung or hummed over again and again. Of the style of performance the Rev. Patrick Macdonald, who edited a collection of them, says:—"These airs are sung by the natives in a wild, artless, and irregular manner. Chiefly occupied with the sentiment and expression of the music, they dwell upon the long and pathetic notes, while they hurry over the inferior and connecting notes in such a manner as to render it exceedingly difficult for a hearer to trace the measure of them. They themselves, while singing them, seem to have little or no impression of measure." This is more particularly the case, remarks Mr. J. Muir Wood, with the very old melodies, which wander about without any attempt at rhythm, or making one part answer to another. The following air is an excellent example of the style:—

WET IS THE NIGHT AND COLD.

Sionn.

The image shows five staves of musical notation for the Gaelic air 'Wet is the Night and Cold'. The notation is in a single system with a treble clef and a 4/4 time signature. The melody is written in a simple, folk-like style with various note values and rests. The first staff begins with a treble clef and a 'Sionn.' marking. The notation consists of five staves of music, each with a treble clef and a 4/4 time signature. The melody is written in a simple, folk-like style with various note values and rests.