

simplicity and elegance of the English names to which we are now, I am glad to say, returning in some measure, Caroline, Charlotte, Frederica, Augusta, Louisa, Wilhelmina, and Thomasina, are all the feminines of masculine names, of which we had already seen some dreadful specimens in Roberta, Robina, Jacquetta, Ruperta, Regina, Alberta, Paula, and Paulina. It is said that this whole class of names was introduced by the use of the "Fair Geraldine" in the poems of Surrey—the lady in question being Elizabeth Fitzgerald.

Another class of names seems also passing out of fashion, and that is double names; such as Mary-Anne turned into Marianne, Mary-Jane, Sarah-Anne, Lucianne, or Sarah-Jane, and Anna-Maria; this latter and Mary-Anne have probably a religious origin, adopted in order to commemorate the names of the Virgin and her mother. The idea came originally from Italy; a god-child of Queen Anne was named by her—Georgia-Anna, after herself and her husband.

While on the subject of double names, I may give an extract from the *Globe*, a correspondent supplying the information. "Perhaps it may interest the registrar of Bromley by Bow district to hear that the name of Roseanne as one word is not new, but is possessed of a very respectable antiquity. We hear of Roxana, or, as it is now written, Rosane, as being captured by Alexander of Macedon on his defeat of Darius, the Mede, and he afterwards married her, or rather made her one of his wives. There was another of the same name of the Court of Cambyses, the Persian. He wished his brother, Bartya, to marry her, but he preferred Sappho, the grand-daughter of Rhodopis, the Greek, and was murdered by order of Cambyses, according

to George Ebers, by Prexaspis at Ezion Geber. What is to hinder anybody from calling their child Miriam, Marianne, Marion, or indeed, Mary Ann, although in the last case I am afraid they would have to admit that it should come on the register as two words? There is also a very agreeable piece of music called "Rosane," by Boggetti, which was often played by Cohen the harpist in Change Alley, and which will be familiar to many of your readers."

This fashion of double names was at its height about seventy or eighty years ago, and some time before then there was a detestable fashion of shortening names, and turning Sarah into Sally, Mary into Molly, and Elizabeth into Betty, Betsy and Bess; and children were even christened by them. At about the same time too, or before it, there was a fancy for ending everything with an "a;" thus we had Maria, Olivia, Cecilia, Letitia, and Lucia, and last but not least, we had an outbreak of poetical names, and names copied from Greek or Latin poets. Of these I will only mention Belinda, Clarissa, and Chloe.

One of the curiosities of Christian names may be mentioned as that of giving women's names to boys, and men's names to women. It dates from about 1500, when we find Anne, Queen of France, giving her name to two god-sons, one of whom was the Constable, Anne de Montmorency. After this we find it repeatedly, while the custom of adding Maria to a boy's name dates in Italy to 1300. I find Florence used as a man's name in 1500, while Louis XII. of France called both his daughters by male names, and through the the eldest, the wife of Francis I., we get the name of "the Reiné Claude" plums, which

were named in her honour. The name Claude was in constant use for girls in the United States some years ago.

Amongst those used for both sexes indiscriminately, I find Sydney, which was given in Ireland as a girl's name in honour of Sir Philip Sydney's father, and is a favourite boy's name in England—no doubt after Sir Philip himself. Camden states that the English fashion of giving surnames as Christian names began at the Reformation. It is a fashion peculiarly English, and a source of wonder to foreigners at all times; and a suggestion that they should go and do likewise fills them with amazement.

But to return to other names given to the sexes indiscriminately. We find Shirley, Vivian, Valentine, Rose, Cecil, Evelyn, Julian, Christian, Esmé, Clare, and Vere; also amongst the masculine names given to girls, Averil, Hilary, Ray, Forda, and Allison; Forda being an attempt to make a feminine appellation, which deserves respect.

So far I have tried to show the fashions as exemplified by history, which we still follow to-day, and we have named a few of the curiosities in naming children. My next article will give my collection of odd names or pretty ones, derived from my daily readings, or from books, history, or stories. A pretty name is an excellent heritage, and the Americans very often leave to their children the privilege of naming themselves; only calling them by some pet name till they be old enough to choose one. I do not know whether they have a system of registration there; but we could not follow their example, on that account alone.

(To be concluded.)

## "CAUGHT A BIT OF A CHILL, PERHAPS."

By "MEDICUS."



AM going to tell you a story. No, not a very long one by any means, for my space is limited and valuable. You won't see the drift of my story at first, but you will before you have read all this article, and you will then know that it is illustrative of a fact in physiology which I wish you to remember. Yes, I am willing enough to admit that physiology is a dry study, that is my reason for troubling you so seldom with it. But some truths connected with this science, if remembered, may be the means of saving life or preventing severe illness, and so I need make no apology for bringing these to your notice.

But to our tale: One day in the end of a blustering March, my ship—the good old *Xanthus*, was lying some miles off the great ice-pack, to the north and eastward of the lonely Isle of Jan Mayen. It was my second cruise in Arctic waters, so I need not say that I was a fairly good sailor.

It was as cold a day as ever I remember, and although the wind hardly reached half a gale in force, it was cutting and cruelly keen. The bows of our barque were laden with tons of ice; the rigging was a mass of crystal ropes, the decks were slippery, and the green seas "sang in the frosty air as they went curling under our quarter."

I was manfully trudging up and down the quarter-deck in a vain attempt to keep up the

animal heat, the men forward dancing, jumping, and beating their doubly-gloved hands together, with the same object.

Our sails were close-reefed, and a cold job it had been for the men in the rigging; but they had received strict orders to keep on their mittens, so they all got to deck without a single frost-bite.

"Below there!"

That was a shout from the crow's-nest.

The mate and I looked skywards, and listened.

"There is a Danish brig well down to leeward yonder, flying a flag of distress. I think she wants to speak."

"Keep her away," said the mate motioning with his hand to the man at the wheel.

Our course was altered a few points, and in about half an hour we were near enough to the Dane to lower a boat. The captain and I both got over the side, and away we went. Every man in that boat was an athlete, else surely with such a sea on we could never have reached the Dane, or clambered up her icy sides.

It was assistance from me that was wanted, for there was no surgeon belonging to the brig. Many men were down with coughs and colds and bronchitis. But the most terrible case was one of frost-biting of the left hand. I saw at once that I could not save life. It was too late, and mortification had set in. The poor fellow's pulse was thready and quivering, and his very eyes were glazing. Had I seen him the day before I would have operated, and taken the arm off. As it was, all I could do was to remain by him and

soothe his dying hours, the steward doing all he could to assist me. This man could talk English, and from him I got the history of the case, and it is to this I want to draw your attention. The man had been reefing a top-sail and had taken off his gloves. The right hand being kept more in motion than the left had escaped, but the left was frozen as hard as a board. Now the captain had recognised the danger, for if he could not induce reaction, and bring the blood back to the frozen hand, it would drop off. The great mistake he made lay in getting alarmed, and applying too strong stimulants, which induced so fearful a reaction, that the hand swelled to four times the usual size, and mortification was the result, with death to follow.

You will presently recognise the bearing this poor sailor's case has on the subject I have to deal with, namely, that of chill.

"Caught a bit of a chill, perhaps."

How often we hear this remark about this time of the year. It is generally made to the patient herself, in a light, off-hand kind of way when she first complains of being out of sorts.

"Only a bit of chill—soon get over that—everybody liable to that sort of thing—sat in a draught, perhaps—keep in the house for a day and nurse yourself—take a hot drink and go to bed—a dish of hot gruel—finest thing in the world for a chill—a glass of port wine in it—"

And so on and so forth. But it is generally a male person who gives advice like this, and if a doctor heard him, he would feel inclined to point to the door, and beg him to leave.

Hot gruel, indeed! and the poor girl perhaps burning as to skin, throbbing as to temples, bounding as to pulse, and with a three-horse power headache. Gruel and wine! Oh!

Well, reader, the system—yours or mine—is not unlike a watch; every part and portion of its machinery must be accurately and nicely balanced; if one little cog-wheel goes wrong, the whole economy of motion and life gets out of order and wants seeing too.

But to tens of thousands the word "chill" has very little if any physiological significance; they may think for a moment of the first sensation of a chill, that of cold or slight shivering, but their knowledge goes no farther. They don't know anything at all about the proper balance of the circulation, or of the evils that may result when that balance is for the time being lost.

In health, dear reader, every tiny blood-vessel, although so small that it would be invisible to the naked eye, has a certain size or diameter, and through it runs just the amount of blood it can comfortably hold, and no more. Remember that I am not talking to you at present in what we call scientific language. I doubt not that very many of my readers would quite understand me if I did so, and it is far easier for a professional man to write for students than for the general public; but I must not forget that many who peruse these columns have not had the advantages that a high-class education confers, and so I must think of these. In endeavouring then to explain to you in simple language what the nature of a chill, as it is called, really is, I want you to understand a little more about the meaning of the word "capillaries." What are the capillary blood-vessels, and what are the duties they have to perform in the economy of nature? The capillary blood-vessels are the ultimate ramifications of the arteries and veins, which finally anastomose so that the arterial blood, having done its duty, having carried nutriment and life to every structure of the body and taken up effete matter, is carried back by the venous system to the heart, to be pumped out by that organ to the lungs; therein to be once more purified and rendered fit to nourish the system.

"Oh," I think I hear you cry, as you toss your head impatiently, "what sort of dry-as-dust language is this?" "Why," I reply, "it is scientific or semi-scientific; but you don't like it, I know. So I come off my high horse at once and mount my pony." Well, then, the word capillaries, by which is meant the tiniest of all the blood-vessels, is derived from the Latin *capillaris*, which signifies hair-like. This is with reference to their extremely small size, and they are really smaller than the downiest hairlet you can see on the back of your pretty hand by the aid of one of the glasses of grandma's spectacles.

By-the-way, in ancient Rome there used to be a tree called the *arbor capillaris*, on which the vestal virgins hung up their hair in honour of the gods. Nowadays, I am told, though I don't know if it be true, that some young ladies, instead of hanging their hair on a tree in honour of the gods, hang it on a corner of the towel-horse, and not in honour of anybody. But I digress, don't I?

Well, to proceed; when I was a little boy, a few years ago, there used to be an anatomical museum in Aberdeen, where they pretended, if one paid one's twopence, to describe the whole human frame. But the motto these quack anatomists had printed in their window was this—"We are fearfully and wonderfully made."

So we are, and it will give you some idea of the myriads of capillaries in the human frame, to be told that, if by some magic power we could remove from a human body every atom of bone, muscle, nerve, etc., leaving only these

tiny blood-vessels *in situ*, there would still remain a complete body, which to the naked eye should look as solid as your hand does at this moment. If while reading this article you stretch out your hand and cull a leaf from the nearest plant or bush and look through it, betwixt you and the light, you will notice that its structure consists of what is called a mid-rib with innumerable branches running off at each side, which divide and subdivide again and again till they end in a perfect network of veins, so small that the naked eye cannot take cognisance of them. These last then may be likened to the capillary blood-vessels that ramify throughout every portion of the human frame, and the midrib itself to the largest artery that proceeds from the heart. But even the coats of the bigger blood-vessels, such as the veins for instance, that you see on the back of the hand or brow, are surrounded with a network of capillaries, else they would die for want of nourishment.

Do you understand all this? I am really doing my best to make it simple enough for you.

And now we get a step nearer to a perfect knowledge of what is meant by a chill.

So long, then, as the circulation throughout the body is fair and equal, so long as there is no undue strain thrown upon any section of these minute capillaries, the system will remain in health, but no longer. If for instance the blood is, by the shock of cold applied to the surface of the body, sent to some of the internal organs, to the lungs for example or to the liver, then the capillaries of that particular organ become distended, over-filled or congested with blood, and can no longer do their duty perfectly. Some of the many evil results of a chill must then be felt, and, for a time at all events, until Nature succeeds in recovering her equilibrium, the body is out of sorts, ill, in other words.

But I wish you to remember one thing—as a rule the human constitution has at its disposal the means to repel the bad effects of ordinary chills. If it were not so we could not live for any length of time in a climate like ours, nor in any climate under the sun. The capillaries, then, are in a measure elastic or resilient, and it is this fact that accounts for what is usually called reaction after a shock of cold to the surface of the body; and this shock may be—mark this, please—decidedly healthful under certain conditions.

As an example take note of what occurs when a person has a cold bath of a morning. A young lady, then, in the enjoyment of ordinary health, gets up in the morning, sometimes let me hope, and proceeds to have the morning tub. The water is some degree lower in temperature than the surrounding air unless it be winter, when it will be considerably higher. Well, a large sponge is used, and she does not stay longer in the bath than is necessary. Roughish towels are then used *ad libitum*. Well, the cold water thus applied by means of that great sponge contracted the capillary vessels on the body's surface, in the limbs, etc., and the blood was rushed away to the capillaries of internal organs. These would thereby be stimulated to greater action, but if their tiny blood-vessels possessed no resiliency, they would remain distended, to the detriment of the system. The elasticity of their coats, however, are called into play from the stimulus given to the nervous system, and they very soon partially empty themselves. The blood comes back to the surface with double force, and the muscular portions of the body are much benefited by the glow. Gradually, however, the whole balance of the circulation is restored, and the bather goes about her usual avocations very much the better for that morning tub.

But now to draw another and a less happy picture. Suppose that this same young lady

neglects her sponge bath entirely, and thus, instead of possessing a well-toned system, which is almost proof against cold and draughts, begets for herself an enfeebled frame; and suppose that some day she sits or stands about in draughty places, then although the first few shocks to the system may be repelled owing to the resiliency of the capillary blood-vessels, they become paralysed as it were at last and remain gorged and congested. If the liver be the weakest organ in this girl's frame, that is the first to suffer from the chill, and she has biliousness if not worse; if it be her stomach she has dyspepsia; if the mucous or lining membrane of her lungs, and this is far the most common case, she has slight bronchitis, and is said to have caught cold. This lining membrane is very plentifully supplied with capillaries, and if it could be seen during a cold, it would be found to be quite red. But the tiny blood-vessels seek relief from their engorgement by discharging a portion of the watery part of their contents, and this it is which excites to coughing. The coughing makes matters worse, the irritation increases, and by-and-by not only clear mucous is coughed up, but purulent matter itself. The cold may then be called a violent one, and is dangerous even to those whose constitutions are the strongest.

A chill then may be said to be a determination of the blood from the surface of the body to some one or more of the internal organs, and is dangerous in proportion to the strength or weakness of the constitution.

Old people and delicate girls are more apt to suffer from a chill than others. If in the elderly, a cold is caught not once, but frequently, there is generally a thickening of the mucous lining of the air tubes, and a greater liability to colds in future. The trouble called winter cough is thus engendered, and it is very difficult indeed to get rid of.

In the young, colds frequently caught, especially if neglected, may end in consumption.

In my next paper I hope to tell you how to cure winter cough, or *chronic bronchitis*, and I may beneficially end this with a few hints concerning the prevention and cure of chills.

Chills may be prevented: 1. By wearing judicious clothing. Our climate is so damp and changeable that wool should be always worn next the skin. In summer thin, in winter thick. 2. By taking care not to subject yourself to a succession of draughts, which act like a series of shocks to the capillary system, destroying its elasticity and leaving its vessels engorged. 3. By using yourself to a cold sponge bath every morning. 4. By taking double care of yourself as regards draughts, when not feeling strong, or when tired. Cold for instance is most easily caught by one when he sits down to rest out of doors, after a long walk or cycle ride, because at such times the lungs are already partly engorged with blood from the exercise.

As to the cure of a chill, remember the story I told you at the commencement, concerning the poor fellow with the frozen hand. Never therefore excite a too speedy reaction. To shut yourself up in a hot and stuffy bed-room, and flood the stomach with hot and stimulating drinks, while you hug the fire or huddle under the bed-clothes, is the worst and most dangerous policy out. Reaction after a chill must come of course, but it must be as gradual as gradual can be. Let the room therefore be full of fresh air, and not too warm, rest on the sofa rather than on the bed, covered up with a light rug, and the only stimulant I would allow would be a cup or two of warm, not hot, tea. This should be the best procurable, and not too strong.

Try this plan at the very onset of a cold or chill, and next day you will be far more light and easy and freer from cough and pain than you could possibly be had you adopted the old-fashioned coddling treatment.