

undoubtedly dry, mists seldom occurring, and cloudy days are exceptional. It is well recommended for consumptive patients, especially for those in the early stages. Those troubled with gout, rheumatism, chronic bronchitis, anæmia, and asthma, will find the climate very beneficial. Invalids should avoid going out after sunset, and remain indoors when the mistral blows. San Remo is also well sheltered, the average temperature during the winter season—from November to April—being 62·6deg. Fahr. The temperature is moderate throughout the year, and the rainfall slight, and the water and sanitary conditions of the town are said to be excellent. During the winter months it is necessary to observe caution when living at any of the Mediterranean health resorts, all those situated on the sea-shore being more or less windy, and this is increased in the Riviera by the daily sea and nightly land breezes, also by the mistral—that dry, cold, north-west wind, which prevails chiefly in March, blowing very strongly at times during that month. It is most felt at Hyères and Cannes, and the precaution should always be taken not to go out without being well wrapped up, after sunset.

On the African coast, Algiers is excellently suited for a health resort, the average temperature during the winter months—from November to April—being 58·3deg. Fahr.

Farther east, Cairo is now well recommended for anæmic patients and those with pulmonary troubles. It has an exceptionally mild dry inland climate, but the disadvantage of having a considerable difference between the day and night temperature, which renders precautions necessary. This may be judged by the fact of there being often a maximum of 83deg. Fahr., and a minimum of 38deg. Fahr. in the twenty-four hours.

Of the many delightful resorts in Switzerland, Grindenwald, situated in a sheltered valley in the Bernese Oberland, is one of the most salubrious for invalids, the climate being wonderfully mild in winter, and the water and accommodation good.

CHAPTER 3.—SEA SICKNESS.

THERE are few more distressing ailments than sea sickness, from which so many suffer who travel by water, as well as few complaints which are more difficult to relieve. Only those who have experienced the unutterable and deadly feeling of nausea that accompanies a bad attack, can realise what it is. Caused by the rolling and motion of the vessel, some persons are extremely sensitive,

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and a very small thing will cause the feeling of nausea to come on. Remove the cause and you have immediate relief. So-called cures are useless, but the attack can often be mitigated, and sometimes prevented, if a few common-sense precautions are observed. If the sea passage is only to be a short one, it is well not to partake of a meal just before going on board the vessel. If hungry take a dry biscuit, but avoid butter. Lie on your back in the berth, with the knees bent, and get as much fresh air as possible. After an attack of vomiting, a small glass of brandy and soda-water is the best restorative. Lozenges containing the twelfth of a grain of cocaine have also been recommended to prevent the feeling of nausea coming on. One should be taken every two or three hours after going on board. On a long voyage the sickness is usually got over after two or three days at sea, and the traveller is usually no further troubled. In exceptional cases, when the attacks are prolonged, causing much exhaustion, the medical officer of the ship should be consulted.

CHAPTER 4.—CHILLS, SORE THROATS, COUGHS, AND COLDS.

A CHILL is one of those little ailments we are very liable to catch when travelling; and it is much easier caught than got rid of. If exposed for any length of time to a current of cold air, or coming from a hot room or building to a lower temperature, a chill is easily contracted, which may develop into serious trouble if not taken in time. It makes itself felt by the cold shivers that pass through the body. The best precautions are to wrap well up before going into a cold atmosphere. Rigidly avoid sitting in draughts, and when coming out of a heated building into the open air, keep the mouth closed for a few minutes, so that the cold air may be warmed by passing through the respiratory passages before reaching the lungs. If a chill is felt, walk rapidly to aid circulation, and take a hot bath before going to bed, applying a hot-water bottle to the feet, to promote warmth. The chill may be followed in the morning by a sore throat, which speedily makes itself known by dryness and difficulty in swallowing. If relaxed or inflamed the parts should be painted with glycerine and tannin. The dryness will usually yield to the chlorate of potash lozenge or tablet, if one is allowed to dissolve in the mouth now and again. A gargle may also be made by mixing a teaspoonful of glycerine and tannin to half a tumbler of cold water, and used frequently. If three or four of

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