

the purposes of mere frivolity and pursuit of pleasure.

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"Oh! But how nasty it would be. I could never ride in my carriage again if I were to allow nasty, dirty, little hospital children to go out in it. And think of the horrible diseases we should get." This was the answer given by a leading "woman loafer" who has three carriages, to a suggestion that one of them should be occasionally lent for the benefit of convalescent little children.

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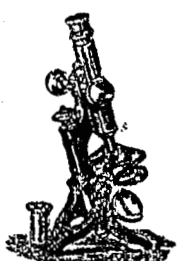
"And I am sure Gray, the coachman, would leave at once if I expected him to take out a carriage full of hospital Nurses in uniform," she continued, thus confirming the adage, "like master, like man."

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It would certainly be an admirable "thank-offering" for the possession of a carriage to grant the use of it at least once a week to those to whom it is an unwonted luxury to go for a drive. And to chronic invalids who month after month and year after year are confined to the same surroundings, a "drive out" would be indeed a red-letter event in their monotonous and dreary lives.

Medical Matters.

COUGH MIXTURES.



A CONTEMPORARY has wisely uplifted its voice in protest against these patent preparations. Their name is legion, and they are perhaps nearly as dangerous as were the individuals who adopted the same name nearly 2,000 years ago. They are mostly compounded of some form of opium, and may therefore, on that ground, be fairly described as poisonous. In no inconsiderable number of cases Nature causes a cough in order to procure the expulsion of some irritating material in the lung passages. Until this is removed the cough should continue, and the longer the irritating matter remains the more likely is the health of the patient to suffer. Common-sense treatment therefore would teach that the efforts of Nature should be assisted and the noxious matter be thus expelled. But the effect of opium is to soothe and allay the spasm—in other words, to prevent the very

cough which Nature wisely provokes. It is beyond all dispute that patients have been rendered extremely ill by these patent cough mixtures, whereas if they had been properly treated their cough would most probably have speedily ceased. Opium, again, possesses general effects upon all the organs, and in many cases of a very detrimental character. For example, a patient suffering from kidney disease can rarely take opium with safety because it checks the excretion of urine—and as a cough is a frequent concomitant of kidney disease the administration of a cough mixture containing opium to such patients may have, and in some instances undoubtedly has had, alarming and even fatal results.

INSECT STINGS.

IT is well known that the stings of some insects are poisonous in a greater or less degree, and that some people are affected by the stings of non-poisonous insects in an equally serious manner, probably because they are out of health. And yet again, there are many cases on record in which insects which are not usually poisonous have proved to be so in consequence of their conveyance to a healthy person of decomposing material. Flies even have been known to convey in the dissecting or *post-mortem* rooms such material to slight wounds on the hands of bystanders, with the result that blood-poisoning has been produced. All insect bites should therefore be regarded as a possible source of illness, and if at all severe they should be at once treated by the application of a small antiseptic compress. A piece of wet, salicylic gauze, for example, on the injured part, covered by some gutta-percha tissue, will form an antiseptic poultice of a most effectual kind.

BRAIN WORKERS.

A RECENT writer has called attention to the fact that very active brain workers are often persons who attain to an age far beyond the allotted span of life. The explanation may be that such workers are compelled to observe the hygienic rules of life more carefully than those who are more occupied in mechanical employments, and that they therefore resist disease better, and when they are attacked by illness are better able to recuperate than those who have passed less regular lives. A still more probable explanation is that healthy and active minds are usually associated with healthy and active bodies, and that the longevity and the brain activity really spring from a common cause—a healthy constitution.

[previous page](#)

[next page](#)