

Concerning the indications for the use of the interrupted primary and secondary currents, and their effects in stimulating muscular contractions, in increasing general tone, relieving pain, and of their immense value to physicians in the confirmatory diagnosis of obscure nervous or other diseases, it is unnecessary in an elementary series of lessons to enlarge, for their use should be strictly limited to cases in which treatment is carried out under direct Medical supervision; and a catalogue of diseases would be neither interesting nor profitable here. It may be well, however, to state that the indiscriminate use of these powerful therapeutic agents—as indeed of the continuous current—may be fraught with danger to the patient and disappointment to the operator. And it is for these reasons that the use of electric appliances, so commonly and recklessly used by advertising charlatans, ignorant of the merest rudiments not only of medical but of electrical science, should be avoided as one would the plague. As for the so-called electric “belts” and other “body-appliances,” the less said the better. It is enough to state that most of them are incapable of sending a current through the resistance offered by the human skin—hence the necessity experienced by their vendors for constantly forcing them upon the public by means of the attractive but fallacious advertisements which disgrace the columns of many of our daily papers.

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**PRIZE ESSAY COMPETITION.—XVIII.**

**“My Summer Holiday.”**

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**S**EVENTH day.—A lovely bright morning. How delicious the air seemed as we drove along the beautiful leafy road to the ancient town of Peel! Whoever reads Sir Walter Scott's novels will remember Peel and its famous castle. The chief incidents in “Peveril of the Peak” are connected with this castle.

We crossed over the water in a small ferry-boat, and were admitted to the castle by paying sixpence each. The castle stands on St. Patrick's Isle, about seven acres in extent. Within its small area stands the ruins of the Cathedral of St. Germain's and the more ancient church of St. Peter.

The whole area is surrounded by embattled walls four feet thick, supposed to have been built 1593.

Sitting on these walls a splendid view may be obtained of the sea and scenery, which is very grand.

Here the unknown sailors who are cast upon the beach are buried.

Many traditions are associated with these ruins.

The Giant's Grave is a large mound, ninety feet long and five feet broad.

According to the legend this giant lived in St. Patrick's days and possessed great strength, and of a very ferocious nature; he was a terror to the whole island, having three legs. The guide tells a story of the giant's strength. He on one occasion took up a stone weighing several tons, and for amusement tossed it against one of the opposite hills, where it broke in three pieces. These three pieces of stone are of white quartz, and can be seen from the castle.

Eighth day.—We walked to the village of Onchan, the principal object of which is the Church of St. Peter's, formerly named St. Concha or Conchan, and dedicated to St. Patrick's mother.

The church is splendidly situated, commanding an extensive view of the sea and country. A beautifully sculptured marble tablet, in memory of John Joseph Bacon, is placed in this church. The lines on it are exquisite. They occur to my memory as I write, and are as follows:—

“Surely the Christian's latter end is peace;  
 Night dews fall not more gently to the ground,  
 Nor weary, worn out winds expire so soft.”

There are several curious monuments and Runic remains in this churchyard.

The walk back to Douglas round the cliff facing the sea will always be remembered. The evening we spent at the Grand Theatre—a pretty and comfortable theatre. “Harbour Lights” was the drama played that evening. We were delighted with it.

Ninth day.—We sailed round the island in one of the Isle of Man's steamers. It is a delightful sail—a grand view is obtained of the island. Near Douglas Head are seen some strangely-twisted contorted rocks. The principal points of interest, of which there are a great number, are all pointed out by the kind and obliging officers on deck.

Ramsey Bay is seen to advantage from the steamer. It is a magnificent sheet of water, rivalling the famous Douglas Bay.

The distance round the island is more than seventy-five miles.

Refreshments may be had on board the steamers.

Tenth day.—We decided to visit Castletown. Castletown is the metropolis of the island. The Lieutenant-Generals of the island formerly re-

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