

most suitable to carry and likely to be of the greatest service to the traveller.

One of the first rules everyone should learn who wishes to be of assistance in sudden emergencies, is to know how to keep a cool head and presence of mind. To know the best course to take, when such occasions arise, is the surest way to preserve these *desiderata*, and the possession of the knowledge inspires confidence. It is well to bear in mind, prompt and intelligent assistance often saves a great amount of after suffering, and may avert serious consequences. The simple ailments dealt with, are of the kind ordinarily met with in every-day life, and the best preliminary methods of treatment are suggested and described. Under the head of minor accidents, explicit directions are given how to render first aid in such cases until medical help can be obtained. The practical lectures on the latter subject usually given under the direction of the St. John's Ambulance Association are strongly recommended to every reader, as a few minutes practical demonstration in such an operation as bandaging are worth pages of theoretical description.

I am indebted to various Medical friends for many of the suggestions adopted, to whom I wish to express my thanks.

CHAPTER I.—GENERAL PRECAUTIONS. WHAT TO AVOID IN EATING AND DRINKING—SIGHT-SEEING—CLOTHING.

SOME useful precautions that may be observed as to food are important, especially to those who travel on the Continent, where the modes of diet vary. As a rule, the food at first-class hotels in this country and abroad is good—the menus being well blended—and may be relied upon. It is a good plan, as a general rule, to adopt the style of living of the country you are staying in. Rich and made dishes should be avoided by those who are liable to liver derangements, and if the digestive organs are weak it is well to be cautious in partaking of the following things, which include most of those foods not easily digested—pork, salt meat and salt fish, eels, herrings, lamb, veal, liver, kidney, duck, goose, sausages, mackerel, mussel, salmon, lobster, crab and cod—artichokes, celery, boiled cabbage, apples, peas, plums, pine-apple, currants, pickles, and chocolate. Meats that are easily digested are mutton, venison, hare, sweetbread, chicken, turkey, and partridge, pheasant, grouse, beef, turbot, haddock, soles, oysters, trout, pike.

Developing Children should be fed on Loefflund's Alpine Milk Rusks, to avoid the dangers of Rickets, Scurvy, &c., and ensure healthy formation of muscle and bone and easy teething at this most critical period. Sold by Chemists, or apply—Loefflund, 14, St. Mary Axe, E.C.

Baked apples, oranges, grapes, strawberries, peaches, cocoa free from fat, and light claret. Puff pastry, heavy puddings, or ices should especially be avoided. Stone or over-ripe fruit often give rise to severe attacks of diarrhoea, especially if eaten when the weather is warm. It is well to endeavour to live as simply and plainly as possible, observing as much regularity as you can in general habits, and avoiding excess in eating and drinking; these will be found the best safeguards against sickness and disease. At home, little advice is necessary as to eating; individuals can order and get what is to their own tastes and likings, observing ordinary precautions. When on a walking tour, a start should not be made immediately after finishing a meal, and the food eaten should not be heavy. As regards the choice of beverage a great deal, of course, depends upon individual taste, but a few hints as to water may be of service. Fortunately in our own country in almost every town the water may be relied upon as being uncontaminated. In country districts, where the supply is received from wells or streams, careful examination should be made, to see they are free from contamination with sewage or decayed organic matter. A ready and simple test to detect this, is by adding a drop or two of a solution of permanganate of potash to a glass of the suspected water, and allow it to stand. If after a time it becomes a light brown in colour, and turbid in appearance, it should not be used for drinking until it has been first boiled and filtered. Pure water will remain clear and bright on addition of the same fluid. It is the safest plan to filter the water whenever the source is at all doubtful. When travelling abroad, especially in out-of-the-way places, a small "etna" may be easily carried, and when suspected, the water should be brought to the boiling point, and kept there for four or five minutes before being used for drinking purposes. This will destroy most harmful germs and render it safe. In Continental countries, with perhaps the exception of Germany, the water supplied for drinking purposes cannot always be depended upon. In Paris, in particular, the supply of water for domestic use is not at all desirable. The safest method, when in doubt, is to drink Apollinaris, or the Aerated Soda or Seltzer, which can be obtained nearly everywhere. When the weather is hot or close, and much thirst is felt, the juice of a lemon with soda-water will be found most refreshing. Drinks containing sugar only satisfy for a short time,

The "Purity" of Cocoa may be over-rated. Cocoa is much the same as flour, wine, or grapes, which, although absolutely pure, vary in value from 2d. to 9d., 4s. to 20s., and 6d. to 5s. respectively, according to quality. De Jong's Cocoa is prepared from the finest selected beans only. Apply 14, St. Mary Axe, London, E.C.

[previous page](#)

[next page](#)