

the chlorate of potash tablets are dissolved in half a tumbler of water, and used as a gargle, it will usually give relief in such cases.

*Coughs and Colds.*—If a cold is found to be developing with a general feeling of lassitude, accompanied by dryness of the skin, it may often be checked if taken in time. A hot bath before going to bed, followed by one-half to one teaspoonful of sweet spirit of nitre, or a tablet of salicylate of soda, will cause perspiration and give relief. If the cold continues, manifesting influenza symptoms, camphor pills will be found to mitigate them, if one is taken every two or three hours alternately with the dose of salicylate of soda. Care should be taken to prevent further exposure to cold. The cough so often left behind may be relieved by ipecacuanha lozenges, or a teaspoonful of pure glycerine taken now and again; ten or fifteen drops of Friar's balsam on a lump of sugar will also be found most useful. The black currant and glycerine pastille will be found to give relief to the tickling and irritation that accompanies a cough of this kind. Should the chest become tight, with any dark-coloured expectoration, or difficulty of breathing, medical aid should be summoned as soon as possible.

#### CHAPTER 5.—HEADACHE, NEURALGIA, TOOTHACHE, GUMBOIL.

*Headache.*—Among the many ordinary troubles of nervous origin, headache is one of those most commonly met with. It may arise from various causes, such as the fatigue occasioned by a long railway journey, or excessive exercise under a warm sun. A simple and homely, though excellent remedy, is a good cup of tea, which exercises a wonderful stimulative and restorative action on the nervous system. It would be well to note here that a cup of tea is often difficult to obtain in the majority of Continental hotels, and those who are fond of the beverage will do well, when on an extended tour, to carry a small supply with them, so that they may make it for themselves. Two tea-spoonsful of the citrate of magnesia, or one tea-spoonful of the granular effervescent citrate of caffeine will also usually give speedy relief.

*Neuralgia.*—In facial neuralgia we have again another common nervous ailment, the severe pain causing great annoyance and discomfort. Frequently arising from exposure to cold, the pain gradually increases in violence until it is sometimes difficult to bear, and often moves about from one place to another. Relief may occasionally be obtained by the external application of menthol. Five-grain doses of quinine (about as much as will lie on a shilling) taken every three

hours, usually gives relief. Tincture of gelsemium taken in doses of from five to ten drops in water three times in the day, will often ease the pain when quinine fails. Alcoholic stimulants are best avoided, and should the pain be persistent and obstinate, a medical man should be consulted.

*Toothache.*—The toothache that is caused by the nerve of a decayed tooth being exposed to the cold is often severe and annoying. The cavity of the tooth, if possible, should first be dried with a small piece of cotton wool, then a drop of oil of cloves applied on wool and pressed into it. A severe, but usually most effective remedy, is a drop of pure carbolic acid applied to the aching tooth in the same way. Care must be exercised when using the acid to prevent it touching the skin or mouth. When the cavity is too small to permit of direct application, some tincture of pellitory rubbed on the gum will usually relieve the pain. Another form of toothache is that which arises from inflammation of the lining membrane of the tooth socket. It is generally caused by cold, and is accompanied by a disposition to grind the teeth together, which seems to give temporary relief; the teeth are very sensitive, and readily affected by currents of hot or cold air passing over them; they also feel lengthened and loose. A simple remedy for this is to rub a little camphorated chloroform on the gum, or if this is not at hand, a small quantity of whisky will answer the purpose. A wash for the mouth, made by adding a teaspoonful of tincture of rhatany, and the same quantity of tincture of myrrh, to half a tumbler of cold water, will relieve the tenderness of the gums. The mouth may be rinsed out with this twice in the day.

*Gumboil.*—The gumboil or abscess proceeding from the root of a decayed tooth, is often a most painful ailment. It is usually accompanied with an acute aching pain and swelling. Strong decoction of poppy-heads, which may be made by breaking up a couple of poppy-heads, boiling them with half a pint of water, then allowing them to stand by the fire for fifteen minutes, forms one of the best applications. The swollen part should be fomented with this decoction, and the mouth also frequently rinsed out with it while it is hot. When the gumboil reaches its height, immediate relief will be obtained on breaking. This may be accelerated by making two or three punctures in it with a needle, the mouth being washed out afterwards with warm water. *(To be continued.)*

DISPOSE OF THE DEAD AS NATURE DIRECTS.—Everyone interested in the reform of funeral abuses should read the brochure published by the London Necropolis Company. It can be had gratis of the Secretary, 2, Lancaster Place, Strand, or 188, Westminster Bridge Road.

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