

avoid drinking liquids as much as possible, beer especially, except at meal times. If troubled with excessive perspiration from the feet, a powder composed of starch powder three parts, oxide of zinc one part, boracic acid quarter part well mixed together, and a little dusted into the stocking will prevent any unpleasantness arising from this cause. When stiffness is felt, a warm bath at the end of the day's walk will usually remove it.

For cyclists, many of these hints are also applicable. It is well to avoid overtaxing the strength, such as by riding too far at a stretch, especially under a hot sun. For soreness of the skin caused through perspiration and friction of the clothes, a little powdered Fuller's earth should be dusted over the part at night before going to bed, also over any place where the skin is chafed. When stiffness of the muscles and joints is felt after a long run, a rub down with olive oil shaken up with a few drops of strong solution of ammonia will give relief. A warm bath will generally take away the aching of the limbs sometimes experienced after a long ride. In case of a spill, resulting in contusions, or abraded skin, soak a pocket handkerchief in water and bind it round the part until proper remedies can be obtained as described in the previous pages.

CHAPTER VIII.

MEDICAL REQUISITES AND MEDICINE CHESTS FOR TRAVELLERS.

The value of having a few remedies at hand in case of emergency cannot be over-estimated, especially by those who travel much. When residing in country houses, or staying in isolated districts some distance from medical aid, it is always well to take a small medicine chest in case of necessity. Experience has taught many who travel to any extent abroad the advisability of carrying a few simple medicines, a plan that is always well to follow. Those who have been seized with a sudden attack of illness in a strange hotel in some foreign city, know how difficult it is at times to get what is required, and the advantage of having the right remedy at hand.

The following list of medicines can be recommended as those likely to be of the greatest use at home, and when travelling:—

	DOSE.
Brandy	One to 4 teaspoonfuls as a restorative.
Friar's Balsam	10 to 15 drops on a lump of sugar.
Sal Volatile	½ to 1 teaspoonful in water.

Convenient Mustard Plasters are best kept in the form of Loefflund's Mustard Leaves, being cleanly, efficacious, reliable, and portable. **Insist on Loefflund's**, the best and cheapest; sold in neat boxes, containing ten each, by all Chemists; for samples, &c., apply—Loefflund, 14, St. Mary Axe, E.C.

Sweet Spirit of Nitre	½ to 2 teaspoonfuls in water.
Essence of Ginger	10 to 20 drops in water.
Chlorodyne	5 to 15 drops in water for adults only.
Ipecacuanha Wine	5 to 40 drops for a cough; 3 to 6 teaspoonfuls as an emetic.
Compound Liquorice Powder	1 to 2 teaspoonfuls in water or milk.
Chlorate of Potass Lozenges or Tablets	1 occasionally.
Ipecacuanha Lozenges	” ”
Bismuth	” ”
Cocaine (1/12 gr.) Lozenges	” ”
Bicarbonate of Soda	½ to 1 small teaspoonful in water.
Cascara Sagrada Tablets	1 or 2 at bedtime occasionally.
Pepsine Tablets	” ” after meals.
Quinine (in tablets or pills)	2 to 10 grains.
Salicylate of Soda (in tablets)	5 to 10 grains for adults.
Granular Effervescing Citrate of Caffeine	1 teaspoonful in water.
Granular Effervescing Citrate of Magnesia	A dessert or tablespoonful in water.

(To be continued.)

Notes by the Wayside.

BY OUR PERIPATETIC CORRESPONDENT.

A HOLIDAY in Norway took me to Bergen, where I had an opportunity of going through the two Leper Hospitals of that city. My readers may be interested to hear what I saw there, and the impressions I formed of Norwegian methods of Nursing. The term "Hospital" is somewhat of a misnomer as applied to these Leper Institutions, for, though in the acute and active stages of the disease the lepers become patients, under treatment, the main object and use of these Hospitals are those of an Asylum where the sufferers are cared for and, more important still, isolated. For the contagious nature of the disease is a fully-established fact, though, strange to say, it is but rarely contracted by persons of a higher organisation and development than these poor, crude peasants.

* * *

THERE certainly are on record instances in which leprosy has appeared in individuals of a different stamp, but such are rare and only after long protracted contact, the disease almost invariably confining itself to those who are, in every sense of the word, the poorest and humblest of mankind.

Gratis to Nurses, &c.—Samples and particulars of Loefflund's Milk and Malt products, &c., will be forwarded free to Nurses and Hospital authorities, on application to Loefflund, 14, St. Mary Axe, E.C.

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