

HEALTH

What is Cholera?

Cholera is the exaggeration of intestinal vermicular motion. This definition, explained in language less professional, would do more good than all the popular recipes for the cure of cholera ever published, because it expresses the inherent nature of cholera and suggests the principle of cure in its early stage, to the most unreflecting mind. The public is none the better, or wiser, or safer, for one of the ten thousand "cures" for cholera proclaimed in the public prints, with a confidence that however well informed the authors may be in other matters, as regards cholera itself they are criminally ignorant; for no man has a right to address the public on any subject connected with its general health unless he understands that subject in its broadest sense, practically as well as theoretically. A "live" cheese, or a cup of fishing worms may give an idea of the motion of the intestines in ordinary health.

The human gut is a hollow, flexible, tube, between thirty and forty feet long; but, in order to be contained within the body, it is, to save space, arranged as a sailor would a coil of rope; forever moving in health, moving too much in some diseases, too little in others. To regulate this motion is the first object of the physician in every disease.

In headaches, bilious affections, costiveness, and the like, this great coiled-up intestine, usually called "the bowels," is "torpid," and the medicines are given to wake it up, and what that does cures the man. Costiveness is the foundation, that is, one of the first beginnings, or it is the attendant of every disease known to man, in some stage or other of its progress. But the human body is made in such a manner that a single step cannot be taken without tending to move the intestines; thus it is, in the main, that those who move about on their feet a great deal have the least sickness, and, on the other hand, those who sit a great deal, and hence move about but little, never have sound health; it is an impossibility, it is a rule to which I have never known an exception. Cholera being a disease in which the bowels move too much, the object should be to lessen that motion; and, as every step a man takes, increases intestinal motion, the very first thing to be done in a case of cholera, is to secure quietude. It requires but a small amount of intelligence to put these ideas together, and if they could only be burnt in every heart, this fearful scourge would be robbed of myriads of its victims.

There can be no cure for cholera without quietude, the quietude of lying on the back. The physician who understands his calling is always on the lookout for the instincts of nature; and he who follows them most, and interferes with them least, is the one who is more successful. They are worth more to him than all the rigmorale stories which real or imaginary invalids pour in upon the physician's ear with such facile volubility.

If, for example, a physician is called to a speechless patient, a stranger, about whom no one can give any information, he knows if the breathing is long, heavy and measured, that the brain is in danger; if he breathes quick from the upper part of the chest, the abdomen needs attention; or if the abdomen itself mainly moves in respiration, the lungs are suffering.

In violent cases of inflammation of the bowels, the patient shrinks involuntarily from any approach to that part of his person. These are the instincts of nature, and are invaluable guides in the treatment of disease. Applying this principle to cholera, or even common diarrhoea when the bowels do not act more than three or four times a day; the patient feels such an unwillingness to motion that he even rises from his seat with the most unconquerable reluctance; and when he has from any cause been moving about considerably, the first moment of taking a comfortable seat is perfectly delicious, and he feels as if he could almost stay there always.

The whole animal creation is subject to disease, and the fewest number, comparatively speaking, die of sickness; instinct is their only physician. Perfect quietude, then, on the back, is the first, the imperative, the essential step towards the cure of any case of cholera. To this art may lend her aid towards making that quietude more perfect, by binding a cloth around the belly pretty firmly. This acts beneficially in diminishing the room within the abdomen for motion; a man may be so pressed in a crowd as not to be able to stir. This bandage should be about a foot broad and long enough to be doubled over the belly; pieces of tape should be sewn to one end of the flannel, and a corresponding number to another part, being safer and more effective fastening than pins. If this cloth is of stout woolen flannel it has two additional advantages, its roughness irritates the spine and draws the blood to the surface from the interior and by its clammy condition of the skin which takes place in the last stages of cholera. Facts confirm this. When the Asiatic scourge first broke out among the German soldiery immense numbers perished; but an imperative order was issued in the hottest weather, that each soldier wear a stout woolen flannel abdominal compress, and immediately the fatality diminished of common looseness of bowels, he will generally find the most grateful and instantaneous relief. The second indication of instinct is to quench the thirst.

When the disease now called cholera first made its appearance in the United States, in 1832, it was generally believed that the drinking of cold water soon after calomel was taken, would certainly cause salivation; and, as calomel was usually given, cold water was strictly interdicted. Some of the most heart-rending appeals I have ever noticed were for water, water! I have seen the patient with deathly eagerness mouth the finger ends of the nurse for the sake of the drop or two of cold water there while washing the face. There are two ways of quenching this thirst, cold water and ice. Cold water often causes a sense of fullness or oppression, and not always satisfying; at other times the stomach is so very irritable that it is ejected in a moment. Ice does not give that unpleasant fullness, nor does it increase the thirst, as cold water sometimes does, while the quantity required is very much reduced.

Some years ago I was violently attacked with cholera symptoms in a railroad car. The prominent symptoms were a continuous looseness of the most exhausting character, a deathly faintness and sickness, a drenching

perspiration, an overpowering debility, and a pain as if the whole intestines were wrung together with strong hands, as washerwomen wring out clothing. Not being willing to take medicine, at least for a while, and no ice being presently obtainable at the first stopping place I ate ice cream, or rather endeavored to swallow it before it could melt. I ate quantities of it continually, until the thirst was entirely abated. The bowels acted but once or twice after I began to use it. I fell asleep, and next morning was at my office as usual, although I was feeble for some days. This may not have been an actual case of Asiatic cholera, although it was prevalent in the city at that time; but it was sufficiently near it to require some attention; and this is the main object of these articles, to wit; attention to the first symptoms of cholera when it prevails.

According to my experience, there is only one objection to the ice cream treatment, and that is, you must swallow it without tasting how good it is; it must be conveyed into the stomach as near an icy state as possible. The second step then, in the treatment of an attack of cholera, is to quench the thirst by keeping a plate of ice beside you, broken up in small pieces, so that they may be swallowed whole, as far as practicable; keep on chewing and swallowing the ice until the thirst is most perfectly satisfied.

PRACTICAL RESULTS.

The first step, then, to be taken when cholera prevails and its symptoms are present is to lie down on a bed. 2nd. Bind the abdomen tightly with woolen flannel. 3rd. Swallow pellets of ice to the fullest extent practicable. 4th. Send for an established, resident regular physician. Touch not an atom of the thousand things proposed by brains as "simple" as the remedies are represented to be, but wait quietly and patiently until the arrival of your medical attendant.

But many of my readers may be in a condition, by distance or otherwise, where it is not possible to obtain a physician for several hours, and where such a delay might prove fatal. Under such circumstances, obtain ten grains of calomel and make it into a pill with a few drops of cold water; dry it a little by the fire or in the sun and swallow it down. If the passages do not cease within two hours, then swallow two more such pills and continue to swallow two more at the end of each two hours until the bowels cease to give their light colored passages, or until the physician arrives.

In many bad cases of cholera the stomach will retain nothing fluid or solid, cold water itself being instantly returned. A calomel pill is almost as heavy as a bullet; it sinks instantly to the bottom of the stomach and no power of vomiting can return it.

It would answer just as well to swallow it in powder; but the same medium which would hold it in suspension while going down, would do the same while coming up. The first object of a calomel pill in cholera is to stop the passages from the bowels. The treatment is effectual; it arrests the passages within two hours; and in any time from four to twelve hours after being taken it effects the bowels actively, and the passages are changed from a watery thinness to a mushy thickness or consistency, and instead of being the colour of rice water or of milk and water mixture, they are brown or yellow, or green or dark, or black as ink according to the violence of the attack. Never take anything to work off calomel, if there is any passage within ten hours after it is taken; but if there is no passage from the bowels within ten, or at most twelve hours after taking calomel, then take an injection of common water, cool or tepid. Eating ice or drinking cold water after a dose of calomel, facilitates its operation and never can have any effect whatever towards causing salivation; that is caused by there being no action from the bowels, as a consequence of the calomel, sooner than ten or twelve hours after it has been swallowed.

My own views, as a result of two and three years baffling in the midst of prevalent cholera, are, that when calomel fails to cure it, everything else will fail, and that it will cure every curable case. The cure of this scourge depends upon the earliness with which the means are used. It can be said with less limitation than of all other diseases together, that cholera more certainly kills if let alone, and is certainly cured if early attended to. What, then, is the earliest and almost universal symptom of approaching cholera?

I have never seen it named in print as such. During my personal experience amidst the scourge when it last visited this country, I could tell in my own office, without reading a paper, or seeing or speaking to a single person, the comparative prevalence of the disease from day to day by the sensation which I will name and I hope to the benefit of thousands, and perhaps not a single reader will fail to respond to the statement from his own experience.

The bowels may be acting but once or less than once in twenty-four hours, the appetite may be good, and the sleep may be sound; but there is an unpleasant sensation in the belly, I do not, for the sake of delicacy, say "stomach," for it is a perversion of terms; it is not in the stomach, nor do I call it the abdomen.

Many persons don't know what abdomen means. Thousands have such good health that they have no "realizing sense" of being the owners of such "apparatus" or "usses," as the reader may fancy, and it is a great pleasure to me to write in such a manner that I know my reader will understand me perfectly, without having the headache.

Speaking then of that sensation of uneasiness, without acute pain, in the region named, it comes on more decidedly after an evacuation of the bowels.

In health this act is followed by a sense of relief or comfortableness, but when the cholera influence is in the atmosphere, even a regular passage is followed by something of this sort, but more and more decided after each action over one in twenty-four hours. The feeling is not all; there is a sense of tiredness or weariness which inclines you to take a seat; to sit down, may be to bend over a little or to curl up, if on a bed. This sensation is coming cholera, and if heeded when first noticed would save annually, thousands. The patient should remain on the bed until he felt as if he wanted to get up and as if it would be pleasurable to walk about. While observing this quiet and while swallowing lumps of ice, nothing should be eaten until there is a decided appetite, and what is eaten should be farina or arrow-root, or tapioca or corn-

starch, or what is better than all, a mush made of rice flour, or, if preferred, common rice parched as coffee, and then boiled, as rice is usually for the table, about twelve minutes, then strain the liquid from the rice; return the rice to the stew pan and let it steam about a quarter of an hour, a short distance from the fire; it will then be done, the grains will be separate; it may then be eaten with a little butter at intervals of five hours. There can be no doubt that thousands upon thousands have died of cholera who might now be living had they done nothing but observed strict bodily quietness under the promptings of nature, the greatest and best physician.—(William Watson Hall, M.D.)

TRADE WITH THE INDIES.

Mr. W. A. Black Talks of the Commercial Relations Between Canada and the Islands.

A reporter interviewed Mr. W. A. Black, of the Pickford & Black steamship line, Halifax, at the Queen's Hotel, Toronto, the other day.

The Pickford & Black is the only line connecting Canada and the West Indies. The line includes four large, first-class steamers, the Alpha, the Beta, the Tenthredin Castle and the Duart Castle, which all run from Halifax south, touching at the English, French, Spanish and Dutch islands in the West Indies. Two of the fleet go as far south as Demerara, British Guiana, Nine of the boats touch at any United States port.

Asked as to the passenger traffic on the line, Mr. Black said: "Our business as a passenger carrying line is fast increasing. In the winter we carry large numbers from the north to the south, and in the summer a great many from the south to the north. The traffic greatly increased during the past winter."

"Will the World's Fair influence your business much?"

"Oh, yes; we expect to carry a great many passengers to the exposition this summer. These are landed at Halifax and travel over the Canadian railroad lines to Chicago. And then a large percentage of the West Indian exhibits were brought as far as Halifax by our boats and thence shipped to the Fair."

Mr. Black went on to speak of the trade carried on between the islands and Canada, "Canada exports large quantities," said he, "of agricultural products and manufactured goods to the Indies, and this export trade is fast growing in importance as well as in favor, with the people of the islands. The chief commodities which Canada sends south are oats, potatoes, peas, split peas, hay, flour, live stock, canned and cured meats, condensed milk in tins, cheese, fish, dried and canned, box shooks and other box materials, boots and shoes, ready-made clothing, cottons, patent medicines, whiskeys in the wood and in the bottle, ale and porter."

THE GROWTH OF THE TRADE.

Referring to the rapid growth of the trade Mr. Black stated that it must be remembered that only two years ago there was practically no interchange of commerce between Canada and the West Indies. At first one steamer was quite sufficient for the Demerara service, but now two large boats were required on the route. As an evidence of the increase in the flour trade alone, while only two years ago practically no flour was shipped to the West Indies, the last boat to leave Halifax carried 2,000 barrels for those islands. Until recently the United States monopolized the flour trade.

"What does Canada import from these islands?"

"Tropical fruits of all kinds, sugar, raw and refined, rum, cocoa, coffee, pimento, greenheart, cedar and other woods for the manufacture of furniture and cigar boxes, and lastly asphalt from Trinidad's pitch."

Here Mr. Black gave the reporter an interesting description of the ever fruitful source of the substance with which the streets of Toronto are paved.

In conclusion, the steamship owner stated that the prospects for the West Indian trade were good. The islands have in all a population of about 5,000,000, or about the same as Canada. These 5,000,000 require the articles that Canada produces, and an increasing desire is manifested by them for still closer commercial relations with the people of the Dominion. An association is at present being formed in Halifax with a view to putting on a still better footing the trade with these islands.

Dunning a Man-o'-War.

Strange scenes marked the weighing of the anchor of a man-of-war belonging to a South American Government at Touion. It is said that the officers had contracted debts amounting to about 33,000fr. in the southern naval seaport. Accordingly the vessel before leaving the roadstead was surrounded by boatloads of excited and clamorous creditors, who made attempts to get on board, but were threatened by the crew of the man-of-war. Both officers and men, according to the report, said that they would prevent anybody entering the ship at the point of the sword. The French cooks and stewards, who had been hired for the mess room of the foreign man-of-war, then left the vessel, as they were afraid that they might receive bad treatment during the voyage. As the creditors were unable to get on board they had themselves rowed back to shore, and lodged a complaint with the justice of the peace. A "writer" was despatched out to the foreign craft, but the captain refused to see him. Soon afterwards the man-of-war stood out to sea, and the creditors finding that the naval prefect of the port could do nothing for them resolved to bring their grievances to the notice of the Minister for Foreign Affairs.

Story of a Family Bible.

It is said that, some time ago, at a nobleman's house in the neighborhood of the Marble Arch, London, a dispute arose about a certain passage which was declared to be Scriptural. A dean who was present denying that there was any such text in the Bible, the sacred volume was called for. After considerable search, a dusty old Bible, which had lain on the shelf since the death of the nobleman's mother, several years before, was produced. When the volume was opened a book-marker was found in it, which, upon examination, proved to be a bank-post bill for £40,000. Why it had been placed there was never discovered; perhaps the old lady had thought it a good means of inducing her son to search the Scriptures.

YOUNG FOLKS.

JACK'S VICTORY.

It is delightful to meet a boy or a girl who has learned the meaning of the words, "Seek and ye shall find." There is such a boy in the romance fields of Norseland, and of him I am going to tell you to-day. His name is Esben, but we will call him Jack for short.

Jack had two brothers, Peter and Paul, and the three boys lived with their father, whose stock of worldly goods was small. The poor man told his sons that some day they would have to go out into the world and seek their fortunes. He had never found the way to fortune himself, and his two older boys grew up with no more light to guide them than he had. Jack made up his mind that he would find the way the rest of the family had missed.

Not far from the poor man's cottage lay the king's palace, and at the side of this grew a wide-spreading oak that shut out every ray of sunshine. The king thought he ought to have sunshine as well as other people, and so he said he would give a great deal of money to any one who could cut down that oak. It may seem an easy task to cut down a tree, but it was not so in this case. The oak was of a kind that whenever one chip was made to fly from it in the usual way two chips grew in the place of the one that was gone.

There was still another wish very close to the king's heart. He wanted a well that would hold water all the year. Every one of his neighbors had such a well, but he had none. He was positively ashamed of this, and so he offered a large sum of money to any person who would dig him one. Still the well remained undug, for the palace was near the top of a hill, and it was not possible to dig far without striking the living rock.

At last the king gave out far and wide that he who could cut down the mighty oak and dig a well that would hold water all the year should have the princess and half the kingdom. Many a man came to try his luck, you may be sure, but the oak grew stouter and the rock remained hard.

Meanwhile Jack had learned the secret of using his eyes and his ears, and he was wide awake to all that was going on about him. He brought home the news one day of what the king had offered, and Peter and Paul thought it would be a pretty nice thing if one of them could get the princess and half the kingdom. They thought they deserved to win as well as another, and so they said they would try their luck.

Jack was ready to go with his brothers, but they laughed at him. So small a chap as he wouldn't have a ghost of a chance when they were along, they told him, but Jack's father said the lad might as well go. The old man hadn't much faith that any of them would win the princess and half the kingdom, but, like many another office seeker, he thought that by reaching for the highest, his boys might get some kind of a job. That was all he wanted.

So one bright spring day the three brothers set out for the palace. Before they had gone very far they came to a forest of firs, stretching up a rising slope, and the sound of hacking and hewing among the trees above came down to them. "I wonder what that noise can be?" said Jack standing still.

"Don't stand there gaping," cried Peter, and Paul insisted that what they heard was only a woodman at work among the trees.

"I'd like to see for myself what it is," said Jack, and off he went, regardless of the jeers of his brothers.

When he had made his way up the slope, what should he find but an axe, hacking and hewing all of itself at the trunk of a tall fir.

"Good-day!" said Jack. "How come you to be at work here all alone?"

"I am waiting for you," said the axe.

"Well, here I am," cried Jack, pulling the axe from its haft, and stowing both head and haft in his scrip.

His brothers greeted him with shouts of laughter, as he came back to them, and asked what strange thing he had found.

"It was only an axe we heard, after all," said Jack, simply.

Walking on they found themselves beneath an overhanging cliff. On top of the cliff they heard the sound of digging and shovelling.

"I wonder what that can be?" cried Jack, listening.

"Did you never hear a woodpecker boring at a hollow tree?" asked Paul, sneeringly, while Peter, with a superior air, bade Jack stop his silly wondering and come on.

"I'd like to see for myself what it is we hear," said Jack, and, without paying the least heed to his brothers, he scaled the dizzy height.

There he found a spade, digging and delving away of itself.

"Good day!" said Jack. "How come you to be at work here all alone?"

"I am waiting for you," said the spade.

"Well, here I am," cried Jack, cheerily, and knocking the spade from its handle he put both away in his scrip.

It was only a spade they had heard, he told his brothers when he joined them again, and he didn't seem to care much for the taunting words they saw fit to melt at him. They walked on now and presently came to a little babbling brook. The boys were pretty thirsty from their long walk, and so they lay down beside it to have a drink.

"I wonder where this water comes from?" said Jack, gazing earnestly at the crystal stream.

"What a dunce you are with your everlasting wondering!" cried Peter. "Have you never heard how water rises from a spring in the earth?"

"Yes, but I'd like to see for myself where it comes from," said Jack, and away he sped, following the course of the brook.

His brothers bawled after him vainly; nothing could stop him, and Paul declared that if the boy were not mad now he soon would be mad. If he kept on racking his brain so foolishly.

The brook grew narrower and narrower as Jack went on, until at length he came to a large walnut. Out of this the water trickled and ran.

"Good day!" said Jack. "How come you to be trickling and running here all alone?"

"I am waiting for you," said the walnut.

"Well, here I am," cried Jack, and seizing a bit of moss, he stopped up the hole to keep the water from flowing out.

Putting the walnut in his scrip, he ran back to his brothers. "It was only a hole the water ran out of, after all," he said, in reply to their mocking questions, and it did not seem to trouble him in the least, however much they might scoff and sneer at him. He knew what he knew, and so he had the best of it.

In due time they came to the palace. Peter and Paul tried their luck in turn, and made such sad failures of it that they were sent home in disgrace.

Their impudence and worthlessness had put the king so completely out of sorts that he did not feel very well-disposed towards Jack when he found the lad was their brother. He told him curtly he could be sent home in disgrace easily enough, with out the trouble of a trial.

"I'd like to see for myself what I can do," said Jack, and the king let him have his way.

Quietly taking the axe from his scrip, the lad lifted it to its haft and cast it at the tree.

"Hew away!" said he, and the axe began to hack and to hew until the chips flew so swiftly in all directions there was no time for any to grow in their place.

It was not long before the majestic tree lay prostrate on the ground, and the king's palace was flooded with sunshine. Then Jack took the spade from his scrip, and, fitting it into its handle thrust it into the earth.

"Dig away!" cried he and at once a shower of crumbled earth and rock was whirling about him.

It was not long before as fine a well as ever you saw was ready to hold water all the year. As soon as it was large enough to suit him, Jack took the walnut from his scrip, laid it in one corner of the well and pulled the moss out of the hole.

"Trickle and run!" said Jack, and the water gushed from the hole in a swift stream.

In less time than I can tell you the well was full.

So Jack got the princess, who was the loveliest maiden in the world, and half the kingdom. The wedding was the grandest you ever knew, and they all lived happily together to the end of their days.

And if you, my young readers, will keep your eyes and ears open, and lose no chance to see and learn, you too will find the way to win the prize you best deserve.

A Thankless Sinner.

A reader was looking over an old news paper the other day, when he found the following incident, which he thought would bear reviving:

It was in an English hospital. The chaplain was making his morning rounds when he met a porter.

"How's Robinson this morning?" he asked.

"He's dead, sor," answered the porter.

"Dead!"

"Yes, sor."

"But why didn't you call me. I might have been able to comfort the poor fellow a little in his last moments."

"Hi comforted 'im myself, sor."

"You? Indeed! And what did you say to comfort him?"

"Hi said to 'im 'Robinson, hi suppose you know you're werry sick?'

"'Yes,' says 'ee."

"'Robinson, hi suppose you know you can't last long."

"'Yes,' says 'ee."

"'Robinson, hi suppose you know you've been werry wicked.'

"'Yes,' says 'ee."

"'Robinson, hi suppose you know you can't go to heaven.'

"'Yes,' says 'ee."

"'Well, Robinson,' says Hi, 'you ought to be werry thankful that there's a place provided for you fellows to go to.'

"'Yes,' says 'ee."

"'And then 'ee turned 'is face to the wall and died without even thanking me for comforting 'im."

Horrible Death of a Welsh Girl.

On Friday morning a girl named Mary Jones, fourteen years of age, residing near Ffynnon Oswald, near Holywell, died at Holywell Workhouse after lingering and astonishing suffering. The deceased was a domestic servant at Gorseod Schoolhouse, and whilst attending to the fires in the ordinary course of her work her clothes became ignited. In her fright the girl ran into the fields, but she was seen and followed and the fire was extinguished, but not before she had been fearfully burnt upon her legs and side. After she had been attended to by her employer, she was removed to her parents' home. Here she remained for some weeks, her condition being pitiable, as she was unable to lie, and had to remain in bed resting on her knees and forehead. Ultimately the girl was conveyed to the workhouse, where it was found that some bandages that had been placed upon the wounds had actually become embedded in her flesh. Although no vital part had been injured by the fire, the girl died from exhaustion after enduring the frightful agony.

A Village 50,000 Years Old.

Pompeii is but of yesterday and the Pyramid of Cheops of the day before, as compared, in point of antiquity, with the village which Mr. Armand Vire has discovered in the department of Seine-et-Marne, France. It is a prehistoric village of the neolithic or new stone age. The foundations of a whole street, showing remarkable regularity in the building have been unearthed. The fire-place of one of the cabins is intact. It is of baked clay and of great thickness, exactly such a fireplace as M. Vire has seen among the Kabyles of the Djurjura, in Algeria. There are still cinders in the place, the residue of the fires at which the primeval men warmed themselves and roasted their snapper.

Why He Was There.

The prisoner before the Police Court bar had been there before many a time.

"I'd like to know," said the judge, "why you get here so often?"

"It's the only place in town where I can get credit, your honour," was the ambiguous reply.

"Well, you haven't much credit here, I can tell you."

"Maybe so, your honour, but just the same I'm always charged with something when I come," and the court gave him ten days extra.