

# A GUIDE TO HEALTH.

## Cleanliness of Person The Uses of the Skin—The Bath of Health.

### CHAPTER III.

Next in health importance to the purity of the air we breathe, the food we eat, or the fluid we drink, comes cleanliness of person.

If people could only be got to recognize the fact that the skin is an organ of elimination, and as important even as the liver itself, we should have far less disease in these islands, fewer colds, fewer causes of bronchitis, asthma, and even of consumption. Consider for a moment what are the duties a well-acting skin has to perform:

I. The skin forms a protective covering for the whole body. Without such a covering, the tender and sensitive parts that lie immediately beneath it would be exposed to every kind and degree of violence. Most ignorant people are really unaware, by-the-by, that the skin has any other use. But let such read on.

II. It is the organ of touch; it is a medium betwixt the nerves spread out on its inner surface and the external tangible world, through which, in a way generally more pleasant than painful, impressions are conveyed to the brain as to the state and condition of matters and things, with which the body may voluntarily or involuntarily come into contact. It may thus warn us of danger to the health, or danger from violence, in a hundred different ways, besides being to us virtually almost a second sight.

III. It is the regulator of the heat of the body. It is well known that people whose skins are not in good working order, to use familiar language, suffer greatly from heat in summer, while those who perspire freely can stand the rays of the sun, even tropical heat, without danger or oppression. For the evaporation of perspiration or transpiration, carries with it the heat from the body, upon precisely the same principle that those round terra-cotta chateaus that come to us from India and the South, cool the water contained in them. Tommy Brown, the medical student, also tries to carry out this principle, when previous to a stiff examination, he sits up all night working with a wet towel round his head, to keep his brains cool.

IV. The skin, by means of myriads of sweat glands, carries off and out of the body a vast amount of what can only be termed—ugly though the word be—excrementitious matter, which, if retained in the body, would poison the blood to a great extent, and unfit it for the healthful performance of its various important functions.

V. The skin to some degree acts as an absorbent.

VI. And to some extent as an organ of respiration.

VII. A healthily-acting skin is of great assistance to the more important internal organs of the body, such as the lungs, the liver, the spleen and kidneys. It, at all events, relieves them from extra strain, and permits them to obtain rest at times.

VIII. A well-regulated and well-managed skin is proof against many forms of disease, some of them loathsome enough, in all conscience.

IX. There is one other use in a healthy skin, to which, I am not aware, physicians have ever given any degree of prominence, if indeed, they have mentioned it at all. A well-acting skin is a calumet to the nervous system. We all know the soothing influence that the warm bath, and, to a greater extent the Turkish bath, exerts on the nerves and on the mind, and cyclists know well the quiet joy felt when out for a good spin, and just a few miles on the road. The action of the pure air breathed and the change of scene and forgetfulness of care, worry and business, have no doubt a deal to do with this feeling, but at the same time our skins are breathing, our blood is becoming momentarily more pure and healthful, and our brains therefore more clear and delightfully calm.

We see, then, how all-important a healthy skin is, and it is almost needless to say that constant ablution is necessary to keep it in such working order that it can perform its functions properly and with ease.

A hot air bath to cause a large flow of perspiration cleanses the pores by the same process that drains are cleansed—it flushes them. The same result can be obtained by taking a good spell of exercise, a spin on a cycle for example, to cause copious sweating. A tepid or cool bath must afterwards be taken, followed by friction with dry rough towels.

What is still better after a good sweat, is the bath which I am constantly in the habit of recommending in my various medical articles to magazines. Half a basinful of warm or hot water, a piece of "Sanitas" soap, and a sitz bath with sponge, is all that is necessary. Standing before the wash-stand, the individual first rapidly washes and lathers all the body with soap and water—time occupied, about one minute; he then bends down over the bath and sluices the face and brow well. He then steps into the bath and sponges all over—time occupied, one minute. He dries down now with the rough towels, and dresses leisurely, perhaps sipping a cup of fragrant coffee as he does so. This may well be called the "Bath of Health."

Sweat, says an authority, is chiefly composed of water, i. e., water constitutes 9,956 parts out of every 10,000. The remaining 44 parts are composed of 25 parts of salts, 18.8 parts of organic matter (scales from the skin, &c.), and the remaining parts of urea and fat. This urea, it may be mentioned, if retained in the blood and not eliminated by the kidneys, as in cases of suppression of urine, causes blood-poisoning, ending in coma and death. It is probably its elimination by the skin, that causes the feeling of buoyancy experienced after a good sweat or a Turkish bath.

Sweat is easily decomposed, and we all know how offensive both to himself and to others around him one becomes, who retains his sweat-saturated clothes. But apart from such offensiveness, such clothing is a positive source of danger to the wearer.

Not only the clothes but the hair of an individual should be kept perfectly clean, whether worn long or short.

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The teeth, if not properly cleaned and disinfected, become very offensive, and give rise to such complaints as indigestion. The feet should always be warm and comfortably clad, and old people should wear bed socks. But they must be kept carefully cleansed, and to this end a good disinfecting soap is truly invaluable.

Many persons suffer from perspiring feet with an attendant unpleasantness, and to such let me offer a suggestion which may be carried into effect with benefit always, and with permanent good results in many cases. The feet should be bathed morning and night with warm water to which a few table-spoonsful of "Sanitas" Fluid has been added. All impurities are oxidised, and the skin is rendered antiseptic, thus fortifying it against future work. The sense of positive relief, and freedom from objectionable smell thus afforded, is indeed most grateful.

## THE TREATMENT OF WOUNDS.

Information That Will Prove Useful to Everyone Some Day.

The treatment of wounds chiefly consists in avoiding maltreatment of them. First, stop the bleeding. Exposure to the air will clot the blood, and plug most of the cut vessels. If any remain unplugged and the bleeding continues, press firmly but gently on the wound or vessels—it is a large one, for a few minutes—examining cautiously from time to time to see if it has stopped. The reason this method sometimes fails is that, instead of firm, patient pressure, a series of fussy, nervous, hurried digs, pokes, and dabs displace the clots as soon as formed. Secondly, remove any dirt, gravel, glass, thorns, &c. Thirdly, destroy any germs, fungi, bacteria, by washing the wound, and the parts around for some distance, with some lotion which will kill them, and which any chemist will supply. The person who dresses a wound should always, before touching it, wash his own hands thoroughly in one of these lotions. It is obviously useless for the dresser to purify the wound if, after having done so, he touches some unpurified body, which must be swarming with germs, collects them on his fingers, and sows a crop of them in the wound, for one germ may soon make a million. For the same reason, when the wound is being purified, purify it (the wound) first, then the parts adjacent, washing round and round in a series of circles, each larger than the last, and never go back from the edge of the purified area to the wound. This holds good of all dressings after the first; and many a wound, which has started pure and healthy, has been converted into a putrid sore by the neglect of this apparently trivial precaution. The surgeon, of course, purifies all his instruments before using them. Fourthly, avoid tension and secure drainage. All discharge from a wound, in excess of that quantity which can be carried away easily by the circulation, should come away in the dressings. If it is allowed to collect in the wound, it forms a stagnant pool most favorable to the growth of germs. Further, any such collections under, or deep in the wound, if unable to get out, give rise to tension, great pain and swelling, setting up further irritation, leading to the formation of matter, burrowing in the flesh and destroying it. Therefore, if a wound after a few days shows signs of becoming inflamed, the cause is very likely inefficient drainage, and a surgeon should be consulted. Inefficient drainage is the danger so often hidden under sticking-plaster. The common remedy is a poultice, which, though soothing, introduces more germs, and does not attack the cause directly. All the advantages of a poultice can be obtained in a hot antiseptic fomentation. Fifthly, see that the sides of the cut are in contact with one another—that there is no gaping. Sixthly, put on a dressing. This, of course, should be free from germs. The most generally convenient is old but clean linen rag, which has been boiled for a quarter of an hour and dipped in boric lotion. If the wound is a raw surface, dress it with boric ointment spread on a boiled rag, as a protective. The chief objection to antiseptics for domestic use lies in the fact that, the germs being extremely tenacious of life, the substances which will kill them will also kill human beings if left carelessly about to be drunk by children. Seventhly, keep the wound at rest.—A Family Doctor, in Cassell's for July.

## The Prince as a Mason.

The latest story of the Prince of Wales turns to an artistic side of his nature and relates to one of his hobbies. It is said that the Queen has intimated that he does not find the laying of foundation stones, a number of which he is called upon to put into position every year, as onerous as he might otherwise, because, on every occasion, there is compensation in shape of a trowel, and His Royal Highness as an enthusiastic collector of them. He glories in them as an Indian chief would glory in a string of scalps, and is as proud of them and of one more addition to his large stock as a collector of old books would be should he come across an uncut "Aldine," or a Philatelist who has succeeded in capturing some stamp which has eluded his grasp for years. One room in Marlborough House is devoted to these trowels. But it is not only in the trowel that the prince is interested. He takes a pride in the proper performance of the work.

Everybody remembers that he is the grand master of the Free Masons of this country, but he might also be an ordinary master mason of the material rather than the speculative variety. An example of this was furnished at Chelsea this week when his assistants all expected that they would be called upon to direct him in the proper performance of his duties in laying the foundation stone. To their surprise they found the Prince directing them.

"A little more mortar here," commanded the royal workman, "A little more there." And the little more was immediately forthcoming and was duly spread with the silver trowel. Then the plumb was given to his royal highness and he proceeded to use it as carefully as if he were the boss mason of the job.

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## MEN AND WOMEN TALKED ABOUT.

The czarina of all the Russians does not disdain to wear a calico gown when she is on board the imperial yacht.

Cardinal Manning, who has just entered upon his 84th year, observed in a recent note to Mrs. Gladstone: "You know how nearly I have agreed in William's political career, especially in his Irish policy of the last 20 years," and "how few of our old friends and companions now survive."

The duchess of Fife is attracting admiration from all England and Scotland by her conduct as a model mother. Following the example of Queen Victoria and the Empress Frederick, she is nursing her own baby, and may frequently be seen walking the streets of Brighton with her baby in her arms.

Queen Victoria, when a young girl, was always ready to admit a fault. On one occasion the royal party were on a visit to the seat of Earl Fitzwilliam, and were walking in the grounds, when the queen, who was then the Princess Victoria, ran on in advance. She was followed by one of the under-gardeners, who pointed out that, owing to the heavy rains they had had recently, a certain walk was very slippery. The gardener, however, had made use of the local expression "slape," instead of "slippery," and the princess, pretending not to understand the meaning of the word, exclaimed "Slape! slape! And pray, what is slape?" The man explained the meaning of the term, but the princess, despite all warning, proceeded down the walk, and, as had been expected, quickly fell to the ground. Whereupon Earl Fitzwilliam called out—"Now your royal highness has a practical explanation of the term 'slape.'" "Yes, my lord," replied the princess, "I think I have. I shall never forget the word 'slape.'" Another day she persisted in playing with a dog against which she had frequently been warned. The dog suddenly made a snap at her hand and when the gentleman who had cautioned her expressed a fear that she had been bitten, she replied—"Oh, thank you! thank you! You are right, and I am wrong; but he didn't bite me—he only warned me. I shall be careful in the future."—Little Folks.

Was Nicoli Paganini a son of Satan? This question, which has been gravely asked, has been as gravely answered. Paganini himself was once upon one occasion forced to publish a letter from his mother to prove that he was really of flesh and blood as other men. The publication was quite a serious affair; but it was evidently without the desired effect, since later on he considered it advisable to furnish Fetic, his biographer, with the necessary material and dates to refute publicly the numerous absurdities circulated regarding him. There can be no doubt that many people regarded Paganini's perfect command over the most perfect of musical instruments as something supernatural. The great violinist had many curious adventures, among which few were more deserving of record than that which befell him at Ferrara, where he narrowly escaped being lynched.

In those days, it seems, the common people of the suburbs of that little town looked down upon the dwellers in the town itself as "a set of asses!" Hence, we read—"Any countryman a resident of the suburbs, if asked where he came from, never replied, 'From Ferrara,' but put up his head and began braying like an ass!" Now, unluckily for him, as it proved, Paganini could imitate with his violin the braying of an ass as well as do other wonderful things. In the course of a concert at Ferrara, someone in the pit had hissed. It was an outrage which must be avenged, but no one suspected anything when, at the close of the programme, Paganini proposed to imitate the voices of various animals. After having reproduced the notes of different birds, the mewling of a cat, the barking of a dog, and so on, he advanced to the footlights, and calling out, "This is for those who hissed," imitated in an unmistakable manner the braying of a donkey. The effect produced was magical, but not at all what the player had probably expected. The audience, taking the significant "hee-haw" as an allusion to themselves, rose almost to a man, rushed through the orchestra, climbed the stage, and would undoubtedly have strangled the daring fiddler if he had not taken to instantaneous flight.

While in England Paganini visited Scotland, where the inhabitants, who had not yet forgotten one of their own performers, Neil Gow—a "mon who played the fiddle well"—were almost terrified by his cleverness and appearance.

In one town (says the writer of the article under notice) he came on the platform, cast a ghastly glance around the crowded hall, and extending his right arm, held the bow pointing to the right, and immediately began to send forth mysterious music with the fingers of his left hand. Sotter and softer grew the music, until at last he brought down the bow on the strings with such force that several people fainted with fear. So intense was the excitement that at the close of the performance the audience felt a painful relief.

Paganini looked pretty carefully after his money; but, at the same time, he was not a miser. Indeed, he was wildly generous upon occasion. He gave Berlioz 20,000fr., simply as a mark of admiration for the latter's "Symphonie Fantastique."

But better than this was the manner of his befriending a little Italian whom he found playing on the streets of Vienna. The boy confided to him that he supported his sick mother by his playing, and that he had come from the other side of the Alps. Paganini was touched at once. He literally emptied his pockets into the lad's hands, and, taking his poor instrument from him, began "the most grotesque and extraordinary performance possible." Presently there was quite a crowd around the curious pair, and Paganini, concluding his solo, went round with the hat. A splendid collection was the result, and after handing this to the boy Paganini walked off with his companion, remarking "I hope I have done a good turn to that little animal." With Paganini anyone belonging to the lower orders was always addressed as "animal." When such an individual dared to speak to him he would turn his back and inquire of his companion, "What does this animal want with me?"

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