

## CHILBLAIN,

As the name implies, is when the circulation of the part has become chilled—*disturbed*, not destroyed. It is generally attended with much itching, tingling, and smarting, and is usually found in the toes, outside edge of the feet, just where the toe emerges, or in the heel. Sometimes, in persons of debilitated state of health, the hands suffer. These symptoms are particularly annoying just after lying down in bed, owing to the exposure to the heated air formed and retained between the bed-clothing by the body.

The most useful thing for these annoying symptoms, and a condition which often extends into ulceration and sloughing, is to keep away from the fire, and every night, before retiring, to bathe the feet in cold water, or rub them with *snow*. They should then be well dried with a soft towel. After this, the application of the ordinary Compound Resin Ointment of the apothecaries is often of use in stimulating the circulation through the part. The efficiency of this ointment for this special purpose can be increased by asking the apothecary to add to an ounce of it a couple of drachms of the Oil of Turpentine. It may be remarked that persons who suffer in winter from cold feet are often benefitted to a surprising degree by bathing them at night, before retiring, in cold water. Such persons should always keep their feet away from the fire.

## CONVULSIONS.

Convulsions, or "fits," as they are often called, are a frequent cause of alarm in the streets, or at public assemblages. In the decided majority of instances, the convulsions may be safely presumed as Epileptic; so, unless otherwise specified, the remarks here made apply to that form. Ordinary fainting may be confounded with it; but here the face is pale, the person perfectly still, and there is no preceptible breathing. Besides, in fainting there are no convulsive movements.

Often the Epileptic seizure is ushered in with a peculiar *sharp cry*, as the person falls over. It does not always occur, but when it does there can be no doubt, if it is a convulsion at all, that it is Epileptic. There is frothing of the mouth, sometimes tinged with blood from the tongue or a fold of the lips having been caught between the teeth at the moment the spasm commenced in the muscles of the jaws. Sometimes there are general convulsive moments of the whole body; often of parts of it only. At first the face is pale, but usually, in the course of a few moments, it becomes livid, except around the mouth, which often continues pale, in strong contrast with the color of the rest of the face. As a general rule, it may be said that the convulsive feature of attack does not last much longer than four or five minutes, although to bystanders the time naturally seems longer. Then the person opens his eyes with a certain degree of intelligence, or revives enough to speak; and, as will be said, it is at this point of the attack that most must be done. Sometimes there is nothing beyond it, and the individual gets up, hurriedly puts on his hat, and walks off, apparently the least concerned of anybody about.

If this happy termination does not take place, this brief semi-conscious interval gives way to a *heavy stupor*, varying in duration from thirty minutes to three or even six hours.

In Epileptic Convulsions there is usually nothing to be done. Ignorant people on such occasions are apt, upon the general plea, "if you do not know what to do, do something," to insist upon "opening the hands," as the phrase is, saying that the patient will be better as soon as they can do it. The truth is, they cannot do it until the patient is better. All interference of this kind is *hurtful*, and no good can come of it. All rude efforts aggravate the trouble, perhaps, by exhausting still further the muscular strength of the patient.

All that can be done is to keep the person from injuring himself or hurting others during the violent convulsive movements, by removing him to some clear space where there is nothing to strike against. Do not even attempt to hold the limbs, but loosen everything about the throat and chest.

## TREATMENT.

Wait a few minutes for the convulsive moments to cease, and the semi-conscious state to appear. As said above, it will soon be seen. Then, if the person is a stranger, get his *name and residence*, if possible, with such other knowledge as may be useful. In the meanwhile, keep the crowd away. This is a very important measure of assistance in convulsions, as in every other emergency. By this is not meant that people cannot bend over the victim, but that a *perfectly* free space of at least two feet on each side should be kept, with none in it but the one or two immediately assisting him.

Thirty drops of the Aromatic Spirits of Ammonia, in a tea-

spoonful of water, may be given the patient, as it is thought by many physicians to lighten and shorten the later stupid stage. The spasmodic condition of the muscles of the jaws can usually be overcome enough, with a little gentle dexterity, to permit it to be got into the mouth with the assistance of another spoon or a piece of smooth stick. After getting the liquid into the mouth, press down the base of the tongue, and the mixture will readily run down the throat. As much of it will necessarily be lost during the operation, double the quantity may be prepared for use. If more than the thirty drops should be given, no trouble from it need be feared.

If the name and residence have been secured, as it often can, at the interval alluded to, the friends of the person can be advised. If not, he should be taken to some place of security until consciousness returns.

Persons liable to Epileptic Convulsions should *never* be permitted to go from the house without a strip containing the name, residence, and disease, attached inside of the coat, where it will at once be seen upon the unbuttoning the coat over the chest. A reference to it to a memorandum in some pocket containing a suggestion as to the duration of the attack, useful remedy, if any, in assisting restoration, would often materially add to the comfort and advantage of the afflicted person.

Other Convulsions are Apoplectic. These are not common, in comparison with others. As a rule, little can be done by bystanders, further than loosening everything about the neck. This should be done in all Convulsions.

The Convulsions known as Hysterical are usually found in young women who are not very strong. Until assistance comes, act as directed in Epileptic Convulsions. The distinction between them cannot be expressed, to a useful extent, to unprofessional persons.—*Accidents and Emergencies.*

## LYCOPERDON GIGANTEUM.

(PUFF BALL.)

(See page 348.)

We give a sketch of a Lycoperdon Giganteum gathered, with several others of similar size, on the western mountain, Cote St. Antoine, by Mr. Fleet. This fungus may be found at this season in various parts of the mountain and in the woods. It grows from one inch in diameter to fifteen and eighteen inches. The largest one on record is noticed by Lindlay as three feet in diameter. Some are a perfect sphere, others are irregular in form like the one which we sketch. They are at first white in flesh, of a mushroom order, resembling cream cheese in texture. During this state they are edible, but when the spores are ripe they change to a dark colour and are unwholesome. The spores which one of the larger kinds contains are countless. Lindlay calculated that the large fungus alluded to contained ninety-six billions of spores. Yet with this profuse quantity of spores very few are propagated. Should all the spores germinate, the crops and trees would suffer. All fungi serve a most important part in the economy of nature. They render all decaying matter harmless to man, and are useful in reducing it to the condition of fertilizers for other plants. The spores seem to germinate only where their growth would be useful for this object. The fungus in question forms a most excellent food, and one of them would be sufficient for a family for a day. It is cooked in various ways. Like a beefsteak, it may be cut in slices and broiled with pepper, salt and butter. It may be cut in small squares after a slight cooking, mixed with white sauce and stew. Beefsteaks and cutlets may be dressed with it while cooking. Omelettes may be made by first stewing small bits with butter and then adding them to the omelette before cooking. But steak, chicken, veal and mutton pies are much improved by placing bits of the fungus in them before cooking. A gentleman, who has given several lectures on fungology, lately gave a lunch at the Carlton Club at which the Lycoperdon formed the chief article of diet. The menu was as follows:

Potage:—Purée de Lycoperdon Giganteum.  
Timbales de Volailles au Lycoperdon Giganteum.  
Côtelettes d'Agneau do do  
Lycoperdon Giganteum à la Beefsteak.  
Filets de Bœuf au Lycoperdon Giganteum.

Dr. Edwards, food annalist, one of the guests, declared the fungus a most excellent and nutritious article of diet, while its flavor is most delicious and superior to the mushroom. The Lycoperdon is unlike any other fungus and cannot be mistaken for any that are unwholesome. Just now, the fields are almost white with the harvest of mushrooms, and a walk into the country cannot fail to procure a good basket full.