

appear to have had a somewhat acute attack of this trouble as a result of her long walk and fall in April 1885, and from this date her troubles assumed a graver form. Then as to what brought on the acute attack in June, all that she can herself blame is a strain over a heavy weight during the performance of her duty. As to what happened then there can be no doubt. There was evidently suppuration in the interior of the cysts at the sides of the uterus. The further history is plain, and speaks for itself.

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## VII.—ON HOLIDAYS. PRESIDENTIAL ADDRESS TO THE CARLISLE MEDICAL SOCIETY, 11TH NOVEMBER 1886.

By R. MACLAREN, M.D., Senior Surgeon to the Cumberland Infirmary.

GENTLEMEN,—I have to offer you my hearty thanks for conferring on me the position I now occupy, and to promise you that I shall do my utmost to prove myself worthy of it by using every endeavour in my power to promote the prosperity of our Society.

Since the last presidential address was delivered from this chair three new members have been admitted to our ranks—Drs Helm, Henderson, and Smith. On the other hand, we have to regret many losses. Drs Henderson, Orr, Smith, and Harris of Dalston, have left Carlisle or the neighbourhood, and have consequently ceased to belong to us. Drs Maclachlan, Longtown; Tiffen, Wigton; and Rigg, Burgh, have withdrawn because unable to attend our meetings. Dr Campbell has resigned. Death has removed from among us our first president, Mr Page.

The Society consequently numbered six less at the end of last session than at the beginning, a loss which is, however, nearly counterbalanced by the valuable additions which we have elected this evening—additions which, I believe, will enable the Society to continue its hitherto successful career.

It is right and fitting, that I should in this place call your attention to the loss our profession here has sustained in the death of Mr Page. A potent influence is gone from our midst, an influence which entered somewhat into the lives of us all, for certainly few among us in matters medical could wisely disregard what Mr Page said or would do. What I have to say to you is necessarily very brief. His life's work has been excellently told in the several admirable memoirs which have appeared in the local and medical papers. It is to be hoped at some future time, and from some other hands than mine, a character so individualized, an influence which was only limited by space and time, and a success which is almost unparalleled, if we consider the circumstances in which it was achieved, may receive the study and the analysis, the balancing of the higher and the lower nature, which biography in its highest



form represents. Time-honoured custom prescribes limits, which cannot be exceeded without disastrous results, to what should be said of the recently departed; but when these limits are reached, it cannot be said that the human interest of such a life as Mr Page's has been more than glanced at. In the meantime let us not forget the silent influence of a laborious life. "Whatsoever thy hand findeth to do, do it with all thy might," whether consciously or unconsciously followed I know not, was the guiding principle in everything he did. I might speak to you at great length of his sagacity, of his fine intuition in separating the real from the apparent, of his knowledge of men and his capacity for guiding them as he wished them to go, of his kindly help to many a man in difficulty, or even in disgrace, and yet be giving you but a partial view of the whole man. I therefore desist, and pass to the subject matter of my address.

In the remarks I am going to make I propose to depart somewhat from professional topics, and to ask you to listen to a few observations on holidays. I may begin by claiming to be rather an authority, for ever since I graduated an annual holiday has been an invariable custom with me, and I have had experience of all kinds, long and short, distant and near home, active and loafing, town and country, so that I am giving you largely personal experience, not the mere results of reading or a compilation of other people's experience. I am not going to look at them from the aspect of the sick man, who must have a carefully-selected climate according to his ailment; but rather from the point of view of the hard-worked man, who must have mental rest, who needs a filip to his bodily vigour, and withal a little pleasure which he has heartily deserved. There is no doubt that we work with an intensity and energy both of body and mind unknown to past generations. To put as much work as possible into as little time as possible is one of the marked characteristics of the age. It has consequently become more and more a necessity to restore exhausted energies by complete change of scene and entire cessation from work. The annual holiday is not a mere luxury, it is the logical outcome of our modes of life. This is true not only of our own occupation, but of many others, and we are often appealed to for guidance by the over-worked clergyman, the exhausted student, or the harassed man of business. Now, I would lay it down as an axiom that a considerable amount of contrast to ordinary life is an essential condition to a successful holiday. It would be little use for a man, the besetting sin of whose life is that he gets no exercise, to go for a holiday which involved sitting nearly the whole time. Yet men do it sometimes. I would have the man who lives at the seaside go to the hills, the town man should go to the country, the country man to the town, the man who leads an active, stirring life should loaf, the sedentary man go for a walking tour. There is a prevalent idea that a holiday necessarily means going to the country



or the seaside; but many a man may far better get the mental and bodily rest he needs in seeing large towns, with their picture galleries and museums, their buildings with historic associations, and their amusements, provided that his daily life withdraws him from such scenes.

For two classes of men a sea voyage is an excellent holiday. First, for men under middle age who are somewhat run down by mental work and worry, who are not fit for or in need of much physical exercise; second, for spare old men, who are bad sleepers, and have healthy livers. The splendid air, the limitation of exertion, the pleasant, easy-going life of shipboard soothes the irritable brain, induces sound sleep, and gives a fine appetite. The interests of sea life are numerous but small,—watching the sea-birds or porpoises, or the way the ordinary duties of the ship are performed, guessing the day's run, and a hundred other little things, keep the mind occupied with trifles, and shut out graver worries. For men of middle age I do not think a voyage is a holiday to be recommended. The deficiency of muscular exercise and the risk of over-feeding along with it are serious drawbacks. A man gets a great appetite, and has little work to use up the food, consequently his liver suffers. Nowadays sea voyages of any length that a man wishes are open, from hours to months, and even the risk of sea-sickness can be much reduced by taking such a route as quickly runs the vessel into steady weather. Within the limits of a medical holiday you may get within the Arctic circle, or you may reach the Equator. You may go to North America or to Constantinople.

The west coast of Scotland is a convenient holiday from this, and, given good weather, it is a fine change. A walking tour, or, still better, a few weeks' fishing or shooting, anywhere north of Oban, or among the outlying islands, may be as interesting and healthful a recreation as a man can get. The fresh breezes straight from the Atlantic, the active exercise, and the charming scenery, can put a man into a fine condition of body and mind. But, unfortunately, there is a large amount of wet weather along the coast. The climate is then very like our own—dull, depressing, and relaxing. To those who come from the sunny South or the dryer East a holiday among rolling fogs and Scotch mists may be very healthful, but not for us. We need something brighter and more bracing than we usually have. I believe people go to the West Highlands at the wrong time. June is usually a dry, bright, pleasant month. July, August, and September are apt to be rainy and damp. Early winter is very nice in that region. One of the most invigorating holidays I ever had was a week in the beginning of November spent in walking from Tyndrum to Kingussie, going by Glencoe and Fort-William. The air was crisp, the weather bracing, and the autumn tints still lingered in the foliage. The further north one goes the more bracing is the climate, and the very north of Scotland and the Orkneys have this quality in a very



marked degree; but still there is the drawback of a large rainfall and often a moisture-laden atmosphere. The centre of Scotland is decidedly drier than the west coast, and the east coast both of England and Scotland are still more so. All of these have climates which give an excellent change from this. They are bracing and much more sunny. They are, however, much less interesting than the west. The scenery is inferior in magnificence, and there is wanting the mental influence of bold peaks, of far-reaching sea lochs, and of the desolate grandeur of the wild corries, the homes of the red deer and ptarmigan.

When the time comes, as come it must to all men who live out their natural life, when activity is diminished, when the vessels are not so reliable as they once were, when the liver and kidney functions are performed with some difficulty, a holiday at a German spa is one of the best possible. The dry, exhilarating climate, the bright sunshine, and the mode of life unite to rest and gently invigorate body and mind. An old traveller says: "On reaching the point of his destination he found not only water-bibbing, bathing, and ambulation to be the orders of the day, but it was, moreover, insisted upon that the mind was to be relaxed inversely as the body was strengthened." The average life at a German spa is as follows:—You rise between 5.30 and 6 A.M., get out as soon as possible, drink sundry tumblers of water to the sound of a German band, then gently promenade till breakfast between seven and eight. After breakfast an hour or two is spent in strolling about having a morning pipe or some similar light occupation. Then comes the serious work of the day, the bath. This is taken with great deliberation; the length and temperature have been carefully decided on beforehand, and the feelings and sensations produced by it are sedulously noted, if for nothing else than that they may form a subject of after-dinner talk, when symptoms and effects can be compared. After the bath comes a short rest, with perhaps more tumblers of water. About one comes for English people lunch, for Germans dinner. The afternoon is often spent in seeing the neighbourhood on foot or by driving. Then there may be more water; and about seven comes the English dinner, or German supper. After this there is usually some entertainment—music, concert, or dance—and, finally, bed by 10 P.M. The drinking of the waters and the bathing are subject to many variations, according to the custom of the place or the fancies of its physicians. The sum total of this kind of life is moderate exercise, light food, early hours of going to bed and rising, a free clearing out of kidneys and bowels, and a nice, bright, social life.

But of all holidays, I look upon a Swiss one as far the best from here. The contrasts are highly marked. We are near the sea level; Switzerland is high—even the big towns are high: Basle, 871; Zurich, 1351; Lucerne, 1437; Geneva, 1243. We are on an island; Switzerland is near the centre of Europe. Our climate is characterized by its moisture; its is dry. We have many



sunless days ; it few. Though much hotter than this country, it is yet so much more bracing from the high dry air, that exercise can be taken at least as freely as here. The contrasts in mode of life are equally great. You go to bed at ten ; rise about six. You can and ought to be in the open air day and night. The food is very different ; the clothing much lighter.

In taking a Swiss holiday necessarily the question arises, How to get the most good out of it? Now, in one thing Switzerland differs from the rest of Europe, and that is in height. In other countries you may see as fertile plains ; the smiling fields of sunny France have a luxuriance which Switzerland does not touch. Elsewhere you may find as noble rivers and even as beautiful lakes. The waterfalls of Scotland, though they do not approach the Swiss ones in height, in my opinion surpass them in beauty. But hardly anywhere else do you get the snowy summits, the vast expanse of snow field, and the great ice rivers which we know as glaciers. Now it seems to me that to go to Switzerland without seeing something of the aspect of life involved in climbing a few good peaks, or in a stretch of glacier walking, is to lose the distinctive advantage of the country. I have thought it might interest you to tell you something of how this is managed. To begin with, there are certain equipments you must provide : first, a pair of blue or smoked spectacles or goggles as a safeguard against snow-blindness. On the glacier they are not an absolute necessity, but on the snow with a bright sun a very short exposure, as little as two hours with the eyes unprotected, may be followed by snow-blindness ; this, though a temporary condition, is of course a great inconvenience, and has, I believe, been followed by permanent impairment of sight. Then you must have a rope—60 feet is sufficient for almost all purposes. It is generally made of manilla 20 feet to the pound. Cotton makes an excellent rope ; my own is of that, with a circumference of 2 inches, or nearly as thick as my thumb ; its only fault is that it is rather heavy. Of the uses of the rope I will say more presently. Next, you ought to have an alpenstock or ice-axe. The latter is far and away the most useful. The shaft should be about 4 feet 2 inches long, with a steel point to give grip, and a head with a sort of adze on one side and a pick on the other. The axe is used as a staff, and it serves for cutting ice or snow steps, for a drag or anchor in case of a slip, and for a holdfast in rock climbing. Gaiters reaching nearly to the knee are required to keep the snow out of the boots ; and gloves to protect the hands from the intense cold of the higher regions. Lastly, plenty of provisions, considerably more than you expect to consume, should always be carried. A number of other things, such as nailed boots, drinking cup, and compass, will occur to any one who is accustomed to mountain walking, but I need not give further detail, as they are common to this kind of walking everywhere.

*(To be continued.)*