

# **INDIAN NOTES**

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Indian Notes by F. R. Hogg

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## CHAPTER I

### THE VOYAGE OUT

IN 1872 at the co-operative stores were purchased strong leather portmanteaus, which, legibly numbered and marked with large zigzags in white paint, are still serviceable in 1879 after endless trials of endurance on board ship, in camp, in bullock-carts, else when conveyed by elephants, mules, rolling camels, or reckless coolies. Exposed to heat, rain, cold, the ravages of insects, the vicissitudes of travel, these portmanteaus answered better than boxes of wood or tin. One key, worn always on a steel watch-chain (together with scissors, pencil, corkscrew, knife, and button-hook incorporated), will suffice to open every package. Drawer-cases dragged about Canada in 1861 proved an incumbrance in Bengal, and on a Himalayan road were smashed by falling rocks. At large stations, what with auctions or bazaars, all needful furniture can gradually be reasonably bought. Leaving their measure, especially for boots, ladies can get things out so easily by parcel-post that, beyond voyage requirements, an outfit could be considerably reduced. From really good chemists

mothers should procure a tin box containing quinine, ipecac., chlorodyne, bromide of potassium, pyretic saline, aperient pills, and mustard-leaves. From the best shops get patent foods, condensed milk, cocoa, biscuits; also be provided with soap, towels, stomach-warmer, child's enema, flannel belts, water-proof sheeting, extra feeding-bottles, tubing, — in fact, all nursery essentials. Disinfectants can be obtained on board, as well as toilet vinegar; and lavender water is procurable from the steward. Asthmatic persons should take a stock of stramonium cigars. Surgical appliances, trusses, elastic stockings, spectacles, take in duplicate; and remember that during sea-sickness artificial teeth might be lost. Dinner-napkins are not supplied in saloon. Racks and cabin-pegs being limited, it is expedient to keep small articles in numbered bags. Take paper cuffs, collars, or other appendages, besides plenty of linen and under-clothing. A certain amount of washing is conducted on the voyage, but beware of the risk in sending things ashore at Malta when the stay is short. There the bath-sponges, lace, coral, cameos, silver filagree, are not particularly cheap. White kid gloves are reasonable, and at Port Said the capital bath slippers are worth buying. Retaining twenty sovereigns for contingencies, conceal as many more as possible in the heavy baggage for profitable exchange in India. This baggage is to be labelled in large letters on a *white* ground. That intended for present use should be marked on a *green* ground, "Present-use Baggage-Room for Ladies only," and will be daily accessible. In the cabin each officer or lady will be allowed two portmanteaus, each thirty-six inches

long, fifteen wide, fourteen deep, and bearing yellow labels. It is safer to have these coloured designations liberally painted over packages, as rough handling is unavoidable. Any amount of rope cording will be valuable for the protection of boxes containing saddlery. Unframed pictures, especially chromo-lithographs (packed in portmanteaus), will be always portable, and sell well at auctions. Officers and ladies outward bound are recommended to have their *light* clothing for use in the Red Sea, and on homeward voyage *thick* clothing packed in separate boxes, distinguished by a *blue* label marked "Change of clothing required at Suez—Baggage-Room." These boxes, stored near the door of the baggage-room, can be found soon after leaving Suez or Port Said. Bed-linen provided for military officers and families will be changed thrice on the voyage. The colonel commanding will take charge of money or valuables if packed in small compass. All bills must be paid in cash before disembarkation. According to "regulations for Her Majesty's Indian troop-ships," the messing charges for families of military officers or others entitled to passage at the public expense will be :—For ladies over sixteen years, 5s. a day; children seven to sixteen, 3s. 4d.; from one to seven, 2s. 6d.; for infants, no charge; for female servant, 9d. to 2s. a day, according to rates.

*Certain Rules.*—Children and nurses to keep on starboard side of deck. Children to be out of the saloon except at meals. (It would be a great boon if all vessels had a small place of shelter on deck similar to that of the *Serapis*.) Except on medical certificate, no food allowed in cabins—a very wholesome rule, as putrefaction becomes rapid. Ports and



scuttles to be opened by carpenters only, as the drenching sea is very treacherous. Damp or wet clothes not to be hung up in cabins, but on deck lines—a very inconvenient plan, ladies think, whilst forgetting the pestilential dangers. No regulations can be too stringent to check people careless about matches or unprotected lighted candles. On dark nights it may be difficult to meet infantile wants, and where absolutely necessary the fixed lamps will be kept burning.

*Ladies' Cabin.*—Accommodating seven occupants, greatly depending on each other for peace, quiet, comfort, and health-preservation. Twice a week the captain goes round, when, excepting invalids, all are out. At other times no persuasion will induce certain ladies to sit in the saloon or up on deck. Sickness is provoked, and the others are made miserable. Jewellery, rings, bracelets, trinkets, should be packed up in the heavy baggage in boxes secured with letter-puzzle padlocks.

*Nursery.*—Accommodating twelve to twenty-four children, will require constant attention to enforce cleanliness to avert pestilence. Disinfectants, especially carbolic acid, frequently required. Turpentine might be sprinkled over linen generally, and certain woodwork periodically tarred to disgust insects, likewise to combat any latent poison, for instance, measles, whooping-cough, diphtheria, or erysipelas. Nurses *must* not congregate here at all hours. To prevent thrush or diarrhoea mothers *must* see that feeding-bottles and tubes are washed out with Condy's fluid; also that condensed milk and patent foods be properly cooked. Baths should be fitted with steam-pipes, for besides lavatory purposes, what with in-

fantile cramp, croup, colic at night, it is extremely difficult quickly to get cans of hot water to meet contingencies not admitting of delay. Saloon meals appear very good, but the time is scarcely sufficient for dinner to avoid bolting of food by hungry boys and nurses. At once place the children's seats near the carver, and make friends with the chief steward. At Malta or Port Said do not stuff the family with oranges and sweets.

*Possible Ailments.*—Infantile convulsions, especially during storms, hot weather, general turmoil or excessive noise at night. Unaccustomed food, salt meat, biscuits, coarse puddings, the want of vegetables or lime-juice, the troubles of teething, want of cleanliness, bad smells, constant cooping up in cabins, will provoke tendencies to diarrhoea, boils, debility, or scurvy. Turpentine enemata, cold applications to head, mustard poultices, and the gum lancet, may be required. In warm weather, late in the day, after a heavy meal, when the sun has declined so as to slant beneath the awnings, when the air is still and stifling, or when unavoidably all ports have been closed even for a very short time, the apoplectic require care. Light sun-hats should be secured with stout elastic; intense glare mitigated by blue or green goggles; thirst relieved by tea or claret-and-water, to the exclusion of beer, spirits, sherry, or port. Besides ophthalmia, bronchitis, infantile remittent, toothache, headache, neuralgia, disposition to various hæmorrhages, and for trifling scratches to become festered, the other ailments most common will be phases of dyspepsia due to want of exercise or over-eating. Insufficiency of warm clothing is a common mistake, and great will

be the comfort afforded by thick-soled boots, warm slippers, a stout ulster, thick veils, and flannel night-caps. Pain may be averted by visits to dentists, oculists or chiropodists before embarkation, and comfort increased by close hair-cutting. Prickly heat, the first step towards comparative acclimatisation, can be relieved by careful diet and the application of sulphate of copper. Mild mumps may appear after prolonged wet weather in winter months, or be imported in the same manner as measles, variola, varicella, whooping-cough, enteric or scarlet fever; hence previous precautions to avoid infection risks, and even the youngest infant should bear vaccination marks. Sore throats on the Suez Canal have been attributed to floating fungi flourishing in polluted air. Colds are due to draughts, or to chills on deck after close confinement below. Mild fever about Malta differs from the thermal variety of the Red Sea. When mothers want cabin lights after hours, bear in mind that the consumption of oxygen and the production of carbonic acid by each lamp will materially increase headache, lassitude, and general malaise. Unless space be ample, ventilation, in spite of cowls, wind-sails, steam-jets, or pneumatic contrivances, appears impracticable without causing currents of air injurious to some persons; therefore all the more occasion to spend most of the day, if possible, on deck. When coaling, or if awnings be removed, the wearing of goggles will protect the eyes from painfully irritating grit; and to avoid the facial neuralgia of cutting winds, ladies should wear warm cloth caps with ear-flaps. Deck-swabbing, however injurious, cannot be stopped, as ships foul so quickly, especially under the influence of moist,