

of me. (At that time I was firmly convinced that everybody, beginning with grandmamma and down to Philip, the coachman, hated me, and found pleasure in my sufferings). It must be that I am not the son of my father and mother, not Volodya's brother, but an unhappy orphan, a foundling, adopted out of charity, I say to myself; and this absurd idea not only affords me a certain melancholy comfort, but even appears extremely probable. It pleases me to think that I am unhappy, not because I am myself to blame, but because such has been my fate since my very birth, and that my lot is similar to that of the unfortunate Karl Ivanitch."

For the next four or five years Tolstoy alternated between Yasnaya Polyana, and Moscow and St. Petersburg. Externally, while in the cities, he led the life of most young men of the Russian aristocracy, but internally he experienced a continual reaction against the dissipated life he was leading.

Thus his carouses and orgies at Moscow and St. Petersburg were followed by seasons of sincere repentance at Yasnaya Polyana. An insight into his riotous course of life—

possibly somewhat exaggerated and dramatised—is given in his "Notes of a Billiard Marker," translated into English as, "The recollections of a Scorer." The same atmosphere and environment is also reflected in "Albert," and "Lucerne."

In 1851 his eldest brother, Nikolai, fresh from the Caucasus, came to stay at Yasnaya Polyana, and Leo Tolstoy eagerly embraced the opportunity to escape from his distasteful surroundings, more especially as he had become financially embarrassed owing to the contraction of considerable gambling debts. Thus, renouncing the life of an ideal aristocratic youth, he volunteered for the Caucasus, and entered the military service, and received as a non-commissioned officer, or yunker, he went to serve in a Cossack village on the banks of the Terek. His experiences at this time are vividly recorded in "The Cossacks." Here, amid the beautiful mountain scenery of the Caucasus, the literary instinct which had lain dormant in Tolstoy's mind began to awake. It was while here with his regiment that he sent to "The Contemporary" his first literary experiment—"Childhood."

(To be continued.)

## Scarlet Fever

The *Journal of the American Medical Association* says: "The advantage of hot, or at least warm, water bathing in scarlet fever is well set forth by D. H. W. Rover, of Denver, in *Colorado Medicine*. He premises the discussion of the hot water treatment of this disease by the statement that "what the cold bath is to typhoid fever, the hot bath is to scarlet fever." The advantages of hot baths in this disease are that they hasten the completion of the eruption; quiet restlessness, and prevent cerebral excitation; dilate the preperipheral blood vessels and increase heat radiation and diaphoresis, which is often absent in this disease; tend to prevent itching; relieve the congestion of the kidneys due to dry skin; make desquamation more rapid, and tend to remove, daily, the dry epidermis that, if not prevented by oily applications, will fly about and supposedly spread the contagion.

With a warm room and a bathroom handy there is no question that hot or warm bathing

in scarlet fever is an advance in the treatment of that disease. If a hot bath is not available, hot water sponging should be done daily. If, during the disquannative stage, much itching or irritation is present, or the skin is dry; rubbing in some clean olive oil, or some clean, diluted wool fat preparation is advisable.

While the patient may be sponged finally before he leaves the sick room with some mild antiseptic solution, there should be no daily application of germicide, lest absorption and poisoning take place.

While there is some doubt whether the epidermal scales of scarlatina are the cause of the spread of the disease, until there is proof that such is not a means of propagation, the patient should be isolated until scaling is complete, and, as Rover has emphasised, hot baths and inunction of oil will hasten the completion of the disquannation."—*American Journal of Nursing*.