

Care of Influenza Patients

Suggestions for Nursing Victims with Least Danger to Others in Same Household

Miss Edna L. Foley of the Chicago Visiting Nurses' Association has prepared these instructions and suggestions for the home nursing of influenza victims:

- 1. Fresh air. 2. Rest in bed and sleep. 3. Isolation (no visitors). 4. Plenty of water to drink. 5. Nourishing food. 6. Gentle, unworried service.

(Avoid chattering, nagging, or questioning. Anticipate wants of sickest patients: convalescents usually ask for what they want.)

Keep the patients in isolated room, in separate beds, if possible.

Keep patient in bed all of the time.

Two or three pillows arranged step fashion, the lowest well under the shoulders, will make breathing easier.

Keep arms and shoulders well covered.

Ventilate the rooms freely, but prevent drafts across the bed or any chilling of patient.

For restless, feverish people, reduce bed covering; patients with no fever need to feel snug and warm.

At the onset, headache and backache are frequent. Cold cloths to head (moist but not dripping), changed gently and without conversation, every few minutes give some relief.

Unless the patient is extremely feverish or perspiring profusely, do not insist upon daily bathing. Wash face and hands, especially after eating.

An old-night gown slit up the back to the yoke is easily changed and more comfortably worn than the usual kind.

CARE OF MOUTH

A mouth wash every few hours and cold cream to the lips help keep the mouth in normal condition.

If patient is extremely weak, swab the teeth carefully with moistened cotton applications three times daily.

COUGH

Patient should keep mouth covered when coughing. Paper napkins or three thicknesses of toilet paper used only once, are safer and better than rags or handkerchiefs.

Keep a small paper bag pinned to bedside, within easy reach of patient's hand, to receive the used napkins. Change bag at least twice daily, or whenever it becomes half full.

The invisible spray from mouth and nose during coughing and sneezing is as dangerous as visible expectoration.

Convalescent patients can be masked; weak patients are annoyed by them.

FOOD

For feverish patients, liquid diet, hot or cold, as preferred—milk, lemonade, fruit juice, weak tea and coffee, broths.

For convalescents and patients not feverish, soft diet—gruels, cooked cereals, milk toast, jellies, soft boiled eggs, etc.

All patients should drink some water every hour when awake. Extremely weak patients should be coaxed to take liquid nourishment at least every two hours.

PRECAUTIONS

The influenza germ is short lived and is killed by air and sunshine; nevertheless, observe every precaution.

All mouth washes, bath water, and unseasoned liquid food should be

thrown into the toilet by the attendant.

All bags, napkins, scraps of uneaten food, mouth swabs, etc., should be wrapped in clean newspapers before being carried from the sickroom to be destroyed by burning.

All linen—sheets, masks, towels, etc.—should be submerged in a large kettle of cold water in sickroom. This can be safely carried to the kitchen stove, and when contents have been boiled thoroughly five minutes any one can finish caring for the linen.

Everything used for the patient should be kept separate from the supplies for the rest of the household. This means dishes, bed linen, bath wrapper, towels, face cloths, rocking chair, etc.

Herbs, Culinary and Medical

The farm woman who is awake to her opportunities will discover the possibilities that lie in a good herb garden, and a knowledge of wild herbs, either as a source of home supply, market supply, or both. Butchers, druggists, hotels and private families are potential customers, and one woman who had built up a fair trade gave a useful warning when she said: "Never say of a small deal 'that isn't worth while,' for the five-cent customer this year may be the fifty-cent customer next year, and the dollar customer the next."

Some herbs are as valuable in medicines as in foods, and the medicinal properties are well worth giving close study. Many of our best physicians have gone into war service and we who must stay at home surely miss them. Drugs, too, are harder to get, and we are surely and rapidly coming to the time when a knowledge of herbs and their uses will mean as much to us as they did in early times to the women who looked after the health of their families.

Get some old lady to tell you what she knows of doctoring with herbs. The things she will tell you will be surprising. Get an old-time "family doctor book" and learn the nature of various plants and just when to gather them, and what parts of the plant possess the medicinal virtue.

Here are a few of the more generally known medicinal herbs.

SAGE (S. officinalis) is used for strengthening the throat and the stomach. Old sores washed with a decoction of sage heal more quickly.

WORMWOOD (Artemisia abs.) has a healing effect on stomach and liver; is also beneficial as an eye-wash. Sage and wormwood mixed are used in liver and kidney troubles.

PEPPER or WATER MINT (M. pip. aqu.) is used for strengthening the stomach and expelling foul gases; hence give a healthy complexion.

CHAMOMILE (Matricaria cham.) A tea made of this is used against chills, colds, colic, etc.

FENNEL (Foen. offic. All.) and CARAWAY (carum carvi). Seeds of these cooked in milk are used in colicky pains. A decoction of fennel or caraway seeds is used as an eye-wash, is also used for steaming the eyes or the head.

ROSEMARY (Rosmarinus offic.) Tea prepared from this is excellent for improving the appetite and the digestion.

MILFOIL (Achillea millefol.) grows wild everywhere. A tea made from the blossoms is used against headaches that are caused by gases of the stomach.

STRAWBERRY (Fragaria vesca). Leaves of the wild strawberry are used for preparing a tea to strengthen the system in general. Children should use this tea in preference to the regular tea or coffee.

GREAT or STINGING NETTLES (Urtica dioica). Tea made from the roots is used when dropsy threatens. Tea from the leaves are used as a blood purifier. In spring and summer the leaves are used the same as spinach.

JUNIPERBERRIES (Juniperus com.) which do not grow on the prairie, can be bought in almost any grocery store. They are chiefly used in flavoring meats, gravies, etc. The berries when burned on the stove sweeten the air of the room and make it healthy to breathe. Six to ten berries chewed during the day will lessen the danger of accidental infection of the throat or nasal passages. They have a beneficial effect in liver and kidney troubles and cleanse the system from foul gases.

The following herbs are sold by our Canadian Seed Houses: Anise, balm, sweet basil, borage, caraway, coriander, dill, fennel, horehound, hyssop, lavender, mint, pennyroyal, pot marrygold, rampion, rosemary, rue, sage, saffron, savory, sorrel, sweet majoram, thyme, wormwood.

Many of these may be grown in the house and make quite an ornamental pot plant.

Look through a seedman's catalog and get seeds of the medicinal herbs at once and plant them next spring. Keep a keen watch for others in field or woodland. Many of the most valuable plants grow as wayside weeds.

Physicians today give in other forms, not so safe for the house-mother to use, exactly the same medicinal elements that the old herb doctor or the old time mothers gave in their herb tea. Gather through the summer, and sometimes the bunches of dried herbs may seem as priceless a possession to you as they ever did to a woman of the long ago.

Dates of World-War Declarations

The following alphabetical table of the dates at which the various nations now involved in the great struggle issued their declarations of war, was compiled for the Mid-Weekly Pictorial by the New York Times. Readers will doubtless find it valuable for future reference:

- Austria against Belgium, August 28, 1914. Austria against Japan, August 27, 1914. Austria against Montenegro, August 9, 1914. Austria against Russia, August 6, 1914. Austria against Serbia, July 28, 1914. Brazil against Germany, October 26, 1917. Bulgaria against Serbia, October 14, 1915. China against Austria, August 14, 1917. China against Germany, August 14, 1917. Cuba against Germany, April 7, 1917. France against Austria, August 13, 1914. France against Bulgaria, October 16, 1915. France against Germany, August 3, 1914. France against Turkey, November 5, 1914. Germany against Belgium, August 4, 1914. Germany against France, August 3, 1914. Germany against Portugal, March 9, 1916. Germany against Rumania, September 14, 1916. Germany against Russia, August 1, 1914. Great Britain against Austria, August 13, 1914. Great Britain against Bulgaria, October 15, 1915. Great Britain against Germany, August 4, 1914.

Great Britain against Turkey, November 5, 1914.

Greece against Bulgaria, November 28, 1916 (Provisional Government).

Greece against Bulgaria, July 2, 1917 (Government of Alexander).

Greece against Germany, November 28, 1916 (Provisional Government).

Greece against Germany, July 2, 1917 (Government of Alexander).

Italy against Austria, May 24, 1915.

Italy against Bulgaria, October 19, 1915.

Italy against Germany, August 28, 1916.

Italy against Turkey, August 21, 1915.

Japan against Germany, August 23, 1914.

Liberia against Germany, August 4, 1917.

Montenegro against Austria, August 8, 1914.

Montenegro against Germany, August 9, 1914.

Panama against Germany, April 7, 1917.

Portugal against Germany, November 23, 1914 (Resolution passed authorizing military intervention as ally of England).

Portugal against Germany, May 19, 1915 (Military aid granted).

Rumania against Austria, August 27, 1916 (Allies of Austria also consider it a declaration).

Russia against Bulgaria, October 19, 1915.

Russia against Turkey, November 3, 1914.

San Marino against Austria, May 24, 1915.

Serbia against Bulgaria, October 16, 1915.

Serbia against Germany, August 9, 1914.

Serbia against Turkey, December 2, 1914.

Siam against Austria, July 22, 1917.

Siam against Germany, July 22, 1917.

Turkey against Allies, November 23, 1914.

Turkey against Rumania, August 29, 1916.

United States against Austria-Hungary, December 7, 1917.

United States against Germany, April 6, 1917.

It is worthy of note that Belgium made no formal declaration of war. The total population of the Entente Allies, including their colonies, is 1,300,000,000, and that of the Teutonic Allies, likewise including their colonies, 160,000,000. The former occupy an area of 40,000,000 square miles and the latter 2,200,000. Printing in black ink the portions of the map of the world that are now implicated in the war, we find only a few narrow strips are left, here and there, indicating the territory which still remains neutral ground. The snow-fields of Greenland represent the only considerable tract of land in the Northern Hemisphere that is not embroiled by this gigantic conflict.

MET HIS MATCH.

Struck by the notice "Iron Sinks," in a shop window, a wag went inside and said that he was perfectly aware of the fact that "iron sank."

Alive to the occasion the smart shopkeeper retaliated.

"Yes, and time flies, but wine vaults, sulphur springs, jam rolls, grass slopes, music stands, Niagara Falls, moonlight walks, sheep run, Kent hops and holiday trips, scandal spreads, standard weights, India rubber tires, the organ stops, the world goes round, trade returns, and—"

But the visitor had bolted. After collecting his thoughts he returned and showing his head at the doorway, shouted, "Yes, I know, and marble busts."

Prayer against Epidemic Diseases.

(Approved for the Diocese of Prince Albert by Bishop Pascal, O. M. I., on August 30, 1918, and endowed with an Indulgence of 50 days, which can be gained once a day by the Faithful within the said diocese.)

Antiphon. Remember, o Lord, thy covenant and say to the destroying angel: Now hold thy hand, that the earth may not be desolated, and do not destroy every living soul.

Lord have mercy on us. Christ have mercy on us. Lord have mercy on us.

Our Father (silently).

V. And lead us not into temptation.

R. But deliver us from evil.

V. The Lord sent his word and healed them.

R. And delivered them from their death.

V. Let the mercies of the Lord give glory to him.

R. And his wonderful works to the children of men.

V. Lord, remember not our former iniquities.

R. Let thy mercies speedily prevent us.

V. Help us, o God, our saviour.

R. And for the glory of thy name, o Lord, deliver us.

V. Forgive us, O Lord, our sins.

R. And deliver us for thy name's sake.

V. Hear, O Lord, my prayer.

R. And let my cry come to thee.

V. The Lord be with you. R. And with thy spirit.

LET US PRAY.

O God who dost not desire the death, but the repentance of sinners, through the intercession of the blessed Virgin Mary, Mother of God, look propitiously upon thy people returning to thee, that thou, whilst it remains attached to thee, mayest graciously remove from it the scourge of thy wrath. Through the same Christ our Lord.

ORATIO CONTRA PESTILENTIAM.

Antiph. Recordare, Domine, testamenti tui, et dic Angelo percutienti: Cesset jam manus tua, et non desoletur terra, et ne perdas omnem animam viventem.

Kyrie eleison. Christe eleison. Kyrie eleison.

Pater noster (secreto).

V. Et ne nos inducas in tentationem.

R. Sed libera nos a malo.

V. Misit Dominus verbum suum, et sanavit eos.

R. Et eripuit eos de morte eorum.

V. Confiteantur Domino misericordiae ejus.

R. Et mirabilia ejus filiis hominum.

V. Domine, ne memineris iniquitatum nostrarum antiquarum.

R. Cito anticipent nos misericordiae tuae.

V. Adjuva nos, Deus salutaris noster.

R. Et propter gloriam nominis tui, Domine, libera nos.

V. Propitius esto peccatis nostris, Domine.

R. Et libera nos propter nomen tuum.

V. Domine, exaudi orationem meam.

R. Et clamor meus ad te veniat.

V. Dominus vobiscum. R. Et cum spiritu tuo.

Oremus.

Deus, qui non mortem, sed penitentiam desideras peccatorum: per intercessionem beatae Dei genitricis, virginis Mariae, populum tuum ad te revertentem propitius respice: ut, dum tibi devotus existit, iracundiae tuae flagella ab eo clementer amoveas. Per eundem Christum Dominum nostrum.

Approbatum pro nostra diocesi. Concedimus indulgentiam 50 dierum semel in die lucrandam fidelibus has preces infra fines nostrae dioceseos pie recitantibus.

IMPRIMATUR. ALBERTUS, O. M. I.,

Die 30 Augusti, 1918. Episcopus Principis Albert.

Gebet gegen epidemische Krankheiten.

(Von Bischof Pascal, O. M. I., am 30. August 1918 gutgeheissen für die Diocese Prince Albert und mit einem Ablass von 50 Tagen versehen, der täglich einmal innerhalb der genannten Diocese von den Gläubigen gewonnen werden kann.)

Antiphon. Gedenke, o Herr, deines Bundes und besieh deinem strafenden Engel: Halte jetzt ein deine Hand, auf daß die Erde nicht verödet werde, und töte nicht jede lebende Seele.

Herr erbarme dich unser! Christe erbarme dich unser! Herr erbarme dich unser!

Vater Unser (leise).

V. Und führe uns nicht in Versuchung.

R. Sondern erlöse uns von dem Uebel.

V. Der Herr sandte aus sein Wort und heilte sie.

R. Und erlöste sie ihrem Tode.

V. Sie sollen danken dem Herrn für seine Barmherzigkeit.

R. Und für seine Wunder unter den Menschenkindern.

V. O Herr, gedenke nicht unserer alten Missetaten.

R. Laß eilends uns zuvorkommen deine Barmherzigkeit.

V. Hilf uns, Gott, unser Heiland.

R. Und um der Ehre deines Namens willen erlöse uns.

V. Sei gnädig unsern Sünden, o Herr.

R. Und befreie uns um deines Namens willen.

V. Herr, erhöre mein Gebet.

R. Und laß mein Hüfen zu dir kommen.

V. Der Herr sei mit euch.

R. Und mit deinem Geiste.

Lasset uns beten!

O Gott, der du nicht den Tod, sondern die Bußfertigkeit des Sünders willst: durch die Fürbitte der allerheiligsten Gottesgebärerin und Jungfrau Maria bejährt, bilde herab auf dein Volk, welches sich wieder zu dir wendet, auf daß du, während es dir getreu bleibt, die Geißel deines Zornes barmherzig von ihm abwendest. Durch denselben Christum unsern Herrn.