



HOW TO NURSE THE SICK.

There was a righteous outcry raised recently because a scientific man suggested the advisability of taking steps to hasten the departure of those whose recovery is considered hopeless.

Things are mending. Mrs. Samp and her tribe are being slowly improved from the face of the civilized world. But there is still a wonderful amount of ignorance and carelessness about nursing, both among proffered nurses and tolerably educated women.

The nurse should always follow closely the orders of the medical man, if one be in attendance. If any cause should arise to doubt his competency to deal with the case, the best thing to do is to tell him so politely, either by word or by letter, and try other means; but as long as he is attending a patient, his advice ought to be closely followed.

There is no one thing of which the majority of people, especially among the poor and ignorant, seem to have such a dread as fresh air. They confound it with cold air, and to use the language of one of them, they like "dirt and warmth."

Excepting in damp and foggy weather, there are very few cases in which it is not safe to allow the window to remain open at the top for about an inch, or even two inches. This alone will do wonders in keeping the room from becoming close.

While taking measures to prevent the room from getting close, however, it is most important to remember that the patient must at the same time be kept warm. This may be effected by means of a sufficient flight and warm clothing being laid upon the bed, and when necessary putting a warm bottle to the feet.

There are a number of small wants and small annoyances experienced by all sick persons which the nurse should look after and guard against. Some sick people like the furniture arranged in a particular way, or the medicine put in a certain place, and will become exceedingly annoyed if their wishes are not attended to and remembered.

While you are very careful not to give way to despondency and low spirits before him, be careful also not to be persistently and determinedly obnoxious. It is exceedingly aggravating to a sick person who feels ill, and desires that he is ill, to have the nurse nursing him in a great deal better, than this or that ill-

his symptoms is only fancy, and to hear her telling the doctor that he has slept beautifully, when he has really been tossing about and longing for the morning, while the nurse herself has enjoyed uninterrupted and generous repose.

At the same time, carefully avoid the opposite extreme. I have a friend who told me that in one of her illnesses she was attended by a woman who kept on telling her of different instances of similar cases to her own which had ended fatally, and concluded each one by saying, with a deep sigh:

"But we must hope for the best, though we none of us know, with life being so uncertain."

Do not allow yourself, or any one else, to stare at the patient. Some people come into a sick-room, and fix their eyes upon the invalid and contemplate him continuously and uninterruptedly, as if he were a curious work of art. I have seen this done again and again. The poor victim lies in bed quite helpless, but getting more and more uncomfortable, and the interested friend keeps up a close observation, until one does not know whether to feel amused or cross.

Be careful, too, not to bend over the patient any more than is necessary, and especially not to allow any one to sit upon the bed, or turn it into a table. This is an annoyance to be guarded against, when friends are allowed to enter the sick-chamber. Two or three hours' discomfort may follow from a few minutes' thoughtlessness.

The difference between a good and an inefficient nurse is shown in nothing so much as in the way they go to work about the food. An inefficient nurse will be talking about it all day, begging the invalid to say if he could not fancy this, that, and the other, suggesting various delicacies, and begging him, above all things, to speak if he wants anything, until he loathes the thought of the food before he sees it; or when, feeling faint, he asks for some refreshment, he finds there is nothing ready, and that it has to be prepared.

Then, when the food is brought the favorable moment has passed, and it is sent down almost untasted, because "the invalid has no appetite"—rather because the nurse has no sense. The true nurse, on the contrary, observes her patient without seeming to do so, seizes the auspicious moment, and has ready some tempting little delicacy, skilfully prepared, which he gladly welcomes, when, if it had been the subject of conversation two or three hours before, he would have rejected it altogether.

Keep everything as still as possible, and do not let any one enter the room if you can prevent it, but let this be arranged away from the patient; and if any one does enter avoid giving utterance to a low and stifled "Sh-sh-sh!" When it is necessary to open the door, do it gently and quickly. A prolonged gentle noise will annoy a nervous person far more than a decided one, even though the latter be the louder of the two.

A feather dipped into sweet oil, and promptly applied to the lock the first time the creaking noise is heard, will prevent a good deal of discomfort in that direction.—Christian Weekly.

EFFECTIVE HOUSE VENTILATION IN ENGLAND.

It is a remarkable circumstance that, who are situated, are fonder than our neighbors of field sports and of all pursuits which take us out in the fresh country air, should be nearly as careless as they are in the matter of house ventilation. It is only quite recently that the subject, which has long engaged the attention of medical men, has been thought worthy of consideration by architects and house-builders.

Statistics may show that the duration of life is longest amongst those whose occupations oblige them to live out of doors. Men of science may point conclusively to the fact that, to be pure, must be changed, and that the change should amount to at least 2,000 cubic feet per head for persons in health, and about twice that for the sick; and yet there are to be found numbers of persons who, with a knowledge of these

facts, are so wedded to old habits, and so unable to divest themselves of the ideas they have been familiarized with from their earliest years, that for fear of "taking cold," or of other frightful consequences which they have been led to believe would follow from the free admission of fresh air into their houses, they will weaken their bodies in health and lessen their chance of recovery in sickness by breathing over and over again the same air unchanged, and therefore unpurified, save by the minute streams which are enabled to make their way through keyholes and crevices which cannot entirely be stopped up. To sit in a room with an open window, except in the very height of summer, would be regarded by such people as an act, if not of madness, at least of the grossest folly. Occasionally the necessity of airing an apartment, when the pent-up atmosphere has become more than usually rank and rank-like, is too obvious to escape notice, and the windows are opened for a brief space, to be tightly closed when anyone enters it. In many old-fashioned houses the sashes do not open at the top, and the vitiated vapors, unable in their natural ascent to escape from above, collect and pollute the air of the room. Sometimes other considerations than those resulting from habit or a desire for warmth influence the inmates. Careful and neat housewives are proud of the appearance of their window curtains, and in order to preserve that appearance will sit with the windows closed, lest the damp air should take the stiffening out, content to sacrifice their health to the look of their rooms. The impression that the night air is injurious is so widely spread that it would seem hopeless to attempt to eradicate it, just as if all air, whether outside or inside a house, was not night air at one time during the twenty-four hours, the only difference being that the outside air is pure and the inside air mostly impure. Dr. Longhurst, in an able letter addressed some time since to the Echo, has some very pointed remarks upon the custom of shutting out the external atmosphere at night. He says:—"A more general belief in the necessity for breathing fresh air, not in the daytime only, but also at night, is very essential; and I am persuaded that in all bedrooms of fair size, where the bed is not too close to the window, an inch or so of the upper sash should be left open at night, in order that the respiratory changes intended by nature to go on equally during sleep as in the daytime should be freely and efficiently carried on. And, important as is this provision for the supply of fresh air in time of health, how much more imperative does it become during sickness, when enfeebled nature is combating disease; yet, in the course of my professional career, I have not infrequently found the window of the sick chamber closed for days together, the sufferer and attendants being literally poisoned for want of fresh and pure air, and in complete disregard of the fact that, if we cannot live with fresh air, we shall certainly die without it. The poor are the greatest sufferers in this respect of any. True, there is some excuse for them. Fresh air they know they can have in abundance all day long, warmth, which is necessary to comfort, and it may equally be added, to health, they can get in no way so cheaply and so easily as by excluding the cold air, and so long as this is the case they will continue their present habits, nor can we entirely blame them. But that educated people, people who have the means to cloth and feed themselves well, should willfully disregard the most elementary of sanitary laws, appears incredible. Some time ago a gentleman of the name of Tobin introduced a system of ventilation on the principle of the church window valve, by means of vertical pipes communicating with the external atmosphere, whereby the air of a room could be constantly changed, and so kept pure, without creating a draught. The system has been tried in some of our law courts—places which of all others are, as a rule, the worst ventilated in the country—with complete success. We have ourselves observed the effect of one of Tobin's pipes placed in a room looking upon Fleet-street, where, in consequence of the noise of the traffic, the windows were double and were never opened, and can testify to the purity and apparent freshness of the air at all times of the day, and to the entire absence of draughts.—English Paper.

TOTTERMAN GLASS.—An English daily paper says:—"A well-known lady has published an account of how, having furnished twelve gas-burners with tempered glass globes, with the 'vulnerable label' of M. C. ... Labels attached to them, two of these globes were fitted with burners in a bedroom, and one night one of the spheres literally 'went off' with a loud report, exactly an hour after the gas had been extinguished. The glass fell in fragments on the floor, leaving the bottom rim still intact on the burner. The pieces when picked up in a cold state were some two or three inches long and an inch wide, but they continued in the most inexplicably perturbed and malicious manner, to split themselves up and subdivide into smaller and smaller bits, each act of disintegration being accompanied by a slight report, until at

length there was not a fragment left larger than a hazel nut. The majority of the particles were about the "higness of peas, and were crystallized in form. One morning dawned the rim of the globe, apparently disengaged with its solitary elevation, proke itself up, and pum-bled, as erst did humpty-dumpty, on the carpet; but no reason is given why the other globe should have refrained from taking part in the self-destructive proceedings of its com-panion. Since publicity was given to this remarkable occurrence in a bedroom another experience of toughened glass has been made known. A housekeeper purchased six tumblers from a London manufacturer. Five of them are still perfect, and are as clear and well made as any glasses can be, but the sixth, when having nothing but cold water in it, 'crumbled to pieces like small diamonds.' Further chemical experiments will it is to be hoped, speedily abrogate those trifling defects in an article the beauty and usefulness of which it is impossible to deny."

It is suggested that the reddish-yellow light of candles and lamps trying to healthy eyes as well as weak ones, can be pleasantly modified by the use of blue chimneys or globes, or at least of shades for the reflection of the light, colored a light ultramarine blue. A remarkably near approach to a light as agreeable as daylight is said to be produced by a petroleum lamp with a round wick and a light blue chimney of twice the usual length, the latter causing so great a draught that the petroleum burns with a nearly pure white flame.

DOMESTIC.

RULES TO BE OBSERVED IN MARKETING

BY MRS. R. W. DECKER.

There are a few hints respecting the selection of articles in market, particularly meats, fish and poultry, which may be of service to some of our readers.

In purchasing beef take notice of the color. If well fed the lean will be a bright red, streaked with spots of clear, white fat, and the meat firm and white. If the fat is yellow, don't buy the meat, you may be sure it is stale, and no plausible assurance from the butcher to the contrary should be accepted.

Or beef is the best. Heifer beef is lighter colored, the fat white and bones smaller, but the meat is not as sweet or as juicy and not so economical.

Veal should be fat, fine grained, firm and white. If too large it will be tough, unpalatable and unhealthy.

In selecting mutton seek small bones, short legs, plump, fine grained meat, and be sure that the lean is dark colored, not light colored and bright red like beef. The fat should be white and clear. When in what is generally understood as prime condition, it is too fat for common mortals' "daily food" and not at all economical and, to perfectly satisfy an epicure, it must be kept till too tender for an uncultivated taste.

Lamb should be small, light red and fat. If not too warm weather, it ought to be kept a few days before cooking. It is stringy and indigestible if cooked too soon after killing. Neither lamb nor veal should be taken from spit or oven till the gravy that drops from it while cooking is white.

Great care must be taken in selecting pork. If ill-fed or diseased, no meat is more injurious to the health. The lean must be finely grained, and both fat and lean very white. The rind should be smooth and cool to the touch. If clammy be sure the pork is stale, and reject it. If the fat is full of small kernels, it is indicative of disease.

The skin of fowls and turkeys ought to be white and of fine grain. See that the breast is broad and full fleshed. Examine if the legs are smooth, toes supple, and easily broken when bent back. If these signs are not found, the poultry is too old or stale. The same rules apply equally to geese or ducks. When the feet are red and hard, the skin coarse and full of hairs, all poultry may be pronounced too old for comfort.

When found necessary to keep meat or poultry longer than was expected, sprinkle pepper either black or red, over it. It can be washed off easily when ready for cooking. Powdered charcoal is recommended to prevent meat from tainting, and some assert that "when fowls have been kept as long as to turn greenish they can be made as sweet and fresh as ever by sprinkling with powdered charcoal an hour before cooking. It says that the charcoal can make meat or fowl sweet again, but after time has gone on far as to discolour it, do not believe it can ever be brought back to a healthy state, and certainly should not advise the experiment. Sprinklings in a wire inclosure of decay, but it is cheap, either in lump or powdered, will sweeten as well as prevent this change, is doubtless true. In hot weather it is always advisable to keep a jar of charcoal in the store closet, ready for use if needed."