

mouth cleansed several times a day. The bed should be changed every morning, except the bottom sheet, which may remain on for four days. The draw-sheet should be changed every night and morning, with the patient's undershirt. The room should always be neat and tidy; everything should have a place, and be kept in it. The room must be dusted with a damp cloth every morning. If the patient is tired and restless, a tepid sponge bath, followed by gentle rubbing and a cup of hot cocoa, not too strong, will often take the place of a narcotic. The medical profession is somewhat divided on the question of using morphine after abdominal operations, most surgeons objecting to its use except in cases of severe suffering, while others venture to assert its necessity. The nurse should not give morphia unless ordered to do so by the surgeon. Morphia must be used with great caution when the woman is hysterical; indeed, it is often better to allow a hysterical woman to suffer than to use it at all.

A single hypodermic of a 1-4th gr. morphia the first night after operation should not be injurious in most cases. Violent movements should be controlled as far as possible by moral suasion, with efforts at gentle restraint. Under no circumstances should a woman, semi-conscious and writhing in pain, be pinned down to the bed by force. She is far more liable to do herself more injury in this way than if left uncontrolled.

*Nausea.*—The nausea from the anæsthetic is variable, being most pronounced after long operations. It usually ceases in from 24 to 48 hours, although it may last three or four days, or even a week. Little or no nourishment should be given at first, while the vomiting is active. If the patient is weak and the nausea persists, nutrient rectal enemata of four ounces of peptonized milk, and the yolks of two eggs with salt, may be given every six or eight hours. Nausea will often be relieved by teaspoonfuls of hot water. A mustard plaster over the pit of the stomach also helps. However, nothing of this kind should be used without the doctor's orders.

*Food.*—The first food given should be a teaspoonful of milk, or hot weak tea, at half-hour intervals, increasing the quantity as the stomach becomes tolerant. Lime-water may be added to the milk. Strong coffee is also valuable occasionally as a stimulant. Egg albumen is a tasteless and most nutritious drink. It is made by beating up the whites of four eggs into a liquid froth, and allowing it to stand in a cool place for an hour or more, when about two ounces of liquid albumen may be drained off, leaving the frothy part behind.

Egg albumen should be made fresh every eight to twelve hours, according to the time of year. It is best given a teaspoonful