

(3) DELIRIUM.

It is because of this paramount importance of rest that delirium is so much to be feared. In it a patient sometimes undoes, by the exercise of a false strength, all that has been previously achieved; and sometimes, through throwing off the bedclothes, catches a chill which develops into inflammation of the lungs. In quieting a delirious patient, his attendants must be firm, but not rough or sudden in seizing hold of him; and the utmost care must be taken not to exert pressure on the abdomen in order "to hold him down." To press there is to press on the most tender part, the very part where the ulcers are situated, the breaking of which it is essential to avoid. It is quite safe to hold a patient's legs down, to steady his arms across his chest, and to press his shoulders down on the bed; but all must be done gently, firmly, and in silence. A delirious person should never be contradicted or argued with or shouted at. The nurse must never get angry with him, but must soothe him, and coax him to do what is wanted; she should never let him see that she is afraid of him, however much frightened she may actually feel.

Although it does not strictly come under the head of delirium, it may be mentioned here that a patient may sometimes, from not responding when addressed, be thought to be unconscious, when in reality he is only *deaf*, deafness being a very common accompaniment of typhoid.

(4) BLEEDING AT THE NOSE.

This requires the doctor's personal attention, but until he comes cold cloths may be applied to the forehead and nose. The pressure of cold causes the bloodvessels to contract or tighten, and the bleeding stops. No unprofessional person should attempt to plug the nostrils; if that has to be done, it must be done by the doctor himself.

(To be continued.)

BANK HOLIDAY.

UR artist has given a very fair idea of the way in which many London folk enjoy themselves on Bank Holiday. Given a fine day, and our noble river Thames is thick with boating parties, up stream and down. The lakes in the various parks attract the model yachtsmen, whose sailing matches invariably draw crowds of interested onlookers. The man with the sherbet, to say nothing of the seller of ice-creams, does a roaring trade all day long; and the swings, roundabouts, merry-go-rounds, Aunt Sallies, and cocoa-nut shies on Hampstead Heath seem to lose none of their popularity with the holiday-makers. Our hearty wish for all our readers, young and old, is that they may enjoy a thoroughly happy holiday, free from accident, and in such a sensible way as to leave no headache next morning!—F. S.

OUR BIBLE QUESTIONS.

BY THE REV. A. C. HARMAN, M.A.

43. HAT name did a father give his son in memory of his sojourn in a strange land?
44. Whose curiosity caused them their death?
45. What king commanded his people to return no answer to the insults of an enemy?
46. Against whom did the evil spirit prevail in their attempts to do an Apostle's work without an Apostle's grace?
47. In what part of the earth was it St. Paul's special ambition to preach the Gospel?
48. What is the worship that God requires?

BURIED TRUTH.

BY THE REV. W. SUNDERLAND LEWIS, M.A.,

Vicar of St. Mary's, Hornsey Rise, N.

HICH Old Testament story do we read of one engaged in wrongdoing and therefore (apparently) afraid to approach a near kinsman of his? And in which other Old Testament story—a little later in date than that former one—do we read of several who had been engaged in wrongdoing, and who were therefore afraid to approach a near kinsman of theirs?

OUR PUZZLE CORNER.

XXII.—BURIED ANIMALS.

Was he laughing or ill at ease?

The old man came leading a child by the hand.

If you cannot sleep I grant you that you are ill.

To play this game you must put a cap or cup in each boy's pocket.

XXIII.—SQUARE WORD.

1. A troublesome insect. 2. A unit. 3. The name of a prophetic. 4. The cause and result of vexation.

XXIV.—ENIGMA, OR GEOGRAPHICAL PUZZLE.

We're six in all; two north and south.

The rest four colours' names set forth.

We're salt and liquid, hot and cold.

We're older than the hills are old.

To different lands we riches bear,

When men commit them to our care.

Now search your map. It won't take long

To solve the mystery of this song.

AN EXAMPLE TO MOTHERS.—"All that I have taught of art, everything that I have written, every greatness that there has been in any thought of mine, whatever I have done in my life, has simply been due to the fact that when I was a child my mother daily read with me a part of the Bible and daily made me learn a part of it by heart."—*Ruskin*.

SOME OF W. E. GLADSTONE'S MAXIMS.

Never be doing nothing.

Every real and searching effort of self-improvement is of itself a lesson of profound humility.

To be served by all is dangerous; to be contradicted by none is worse.