

support. It is so absorbent that it is likely to be damp, and it is difficult to keep in nice condition. It is also favourable to development of bed sores. Sheets are better to be of cotton than of linen, they are less chilly because they do not conduct the heat so rapidly from the body as linen does. It is no small matter that the bed should be most carefully made, when we consider that the patient spends all or most of his or her time there and becomes sensitive to every little imperfection. Wrinkles and inequalities in the surface are also favourable to bedsores.

DAILY CARE OF PATIENT.

Bed-linen and night-dress should be changed frequently and kept in nice condition. The bed-clothing, especially the under-sheet should be kept smooth, free of wrinkles, both for the comfort of the patient and to prevent bedsores. The night-gown should be frequently pulled down and straightened for the same reason. Pillows should be frequently smoothed and shaken. See that no crumbs or foreign particles of any kind be allowed to remain in the bed. Fresh handkerchiefs should be kept supplied. The hair should be combed at least morning and evening. It is preferable to have the hair braided in two braids instead of one, so that the head can rest more comfortably on the pillow. See that mouth and tongue are kept clean. If tongue is furred it should be washed with pieces of clean linen or muslin dipped in a mouth-wash. The mouth should be rinsed well twice a day at least. A good mouth wash is a boracic acid solution or a listerine solution. Both are antiseptic. Salt and water keeps mouth and throat in a healthy condition. In fever cases especial care has to be taken of mouth and throat. The teeth should be carefully brushed after eating and perhaps after medicines. If patient is unable to brush his own teeth, they should be cleaned with a small piece of linen or absorbent cotton made into a swab and dipped in some wash. The swab may be necessary in cleaning the mouth. Finger-nails and toe-nails should receive daily attention and be kept immaculate. For cleanliness, the body should be washed daily with soap and water followed by vigorous rubbing to keep the skin healthy and active, that it may perform its duty of helping to cast off poisonous materials, and so help to cast off disease. If the patient is likely to be bed-ridden for some time, precautions must be taken for the prevention of bedsores. The daily bath helps; it should be followed by rubbing with alcohol which serves to toughen the skin. Special attention should be given to the shoulder-blades, spine, hips, heels, knees, elbows, ears, in short wherever there is pressure. The patient should be encouraged to change his position frequently. If skin shows signs of irritation follow the alcohol rub with vaseline or ointment well rubbed in, then dust with a good powder—zinc oxide is good. Relieve the irritated part with a pad placed around it, leaving the part without any pressure. If the skin becomes broken, do not use alcohol—dress with zinc oxide ointment or iodoform. Before applying the ointment, wash with boracic acid solution or bichloride of mercury solution. Protect with a piece of soap-plaster.

Food should be given regularly according to the physician's directions. These should not be departed from either as to quantity or quality. The patient should be encouraged to drink much water either hot or cold, between meals. This serves to keep the digestive tract active and clean