

HEALTH IN THE HOME.

By a Trained Nurse

The Foot-bath.

A foot-bath can be given in bed. Put a blanket over the lower sheet and pillow; let the patient lie on it upon his back, covered by another blanket, with the upper sheet and remainder of bedclothes over that, and take off all clothing, slipping it over the head. The patient is now lying between two blankets. Tuck them in around the neck, and then arrange the rest of the bedclothes, tucking them in also, in such a way that the sheet comes around the face. The upper sheet may be taken off altogether. To do this, hold the blankets at the top with one hand, and pull down the sheet from under them with the other; then fold a towel over the blankets around the face. Now spread a large towel under the knees, and, standing at the side of the bed, place the tub upon it, the patient putting his feet in at the same time.

THE KNEES MUST BE WELL BENT

or the patient will not be able to get his feet in comfortably, and the tub will very likely upset. Another person may hold the ends of the bedclothes up a little to prevent them from getting wet, or one corner may be folded back from the feet to the knees while putting in the tub, and all can be done without uncovering or chilling the patient. Let the water be as warm as he can stand it. After a few minutes take out a little with a small pitcher, and put back the same amount of hotter water, keeping it well above the ankles. Tuck in the clothes all about the patient and the tub. A few flatirons will help, not placed next to the body, but on the outside of the blanket covering the patient, and well wrapped in paper.

A COLD, WET TOWEL

should be placed under the chin outside the bedclothes, to prevent the feeling of suffocation sometimes experienced just before perspiration begins, and a cloth wrung out in very cold water must be laid on the forehead. This is very important, and must never be omitted. In fifteen or twenty minutes remove the tub, let the patient put his feet down on the towel already placed there, wrap it around them and allow him to unbend his knees. Leave him in the blankets for a few minutes. He should then be washed off under the blankets with warm water, to which a handful of common salt may be added, and dried with a clean towel. Wash the back last, and when that is done, and the patient is still lying on his side, take the end of the blanket underneath him and roll it lengthwise towards the middle of the bed, finally pushing it under him as far as it will go easily, then let him turn upon his back and there will be no trouble in pulling the remainder of it out on the other side. Put on the night garment next. The arms go in first, then the head is raised, and the garment taken over it and the shoulders, after which it can be gently pulled down straight under the back. The blanket over the patient is then removed. The patient, if strong enough, can hold the bedclothes at the top, or the nurse can hold them in one hand, while she draws it out from underneath them. The upper sheet can be replaced in various ways, the simplest of which is to turn the blankets back a little from the foot of the bed, put on the sheet

in the ordinary way, replace the blankets, tuck the whole in, and then draw the sheet up over the patient underneath the blankets. Leave a hot iron or bag at the foot of the bed, not necessarily touching the feet.

TO PLACE A BLANKET UNDER A PATIENT ALREADY IN BED.

Loosen the bedclothes everywhere; turn the patient upon his side, and fold the clothes after him, so that half the bed is uncovered. Next, standing at the side of the bed with his back towards you, take a blanket lengthwise in your hands, gathering it up in them until less than half remains hanging. Lay this on the uncovered part of the bed, spread it evenly, and push the gathered part in a bunch gently under the patient's back. Then turn him over carefully upon the blanket already prepared for him, and pull the gathered part which is thus left free over that portion of the bed just vacated, and make it straight and smooth all over, especially under the back. If for any reason

NO FOOT-TUB IS FORTHCOMING and there is nothing that can be made to answer the purpose, a good result may be obtained by placing hot irons, or bricks, or bags, all round the patient, the programme in other respects being exactly the same as when the tub is used. Great care must be taken not to burn the patient. Under unusual circumstances, when it might be inconvenient or impossible to wash the patient off with water, which is the best thing after free perspiration, the next best thing is to wipe him with absolutely clean towels, and put on an absolutely clean night garment. Always bathe the face with cold or cool water.

Lastly, the more the patient perspires the better it is for him. It will not weaken him, but relieve his system of waste matter and impurities, and he should drink cold water freely while taking the bath. This is accomplished by the nurse raising his head with one hand, which she places under his pillow, and holding the glass for him with the other. The patient should be instructed not to thrust his chin into the air, but to depress it, when it will be found quite easy for him to drink without spilling the water. A. G. OWEN.

What Lemons are Good for.

1. Give hot lemonade at bedtime to cure a cold.
2. Bake a lemon, take out the inside and mix with sugar to make a thick syrup. Keep it warm, and take a teaspoonful frequently to drive away a cough.
3. Lemon juice is good to rub on the hands and face at bedtime to remove tan and clear the complexion, but dilute it with water, else it will darken the skin.
4. Lemon juice will quickly remove stains from the hands.
5. A glass of lemonade taken every morning will sometimes prevent bilious attacks.
6. Lemon juice is more wholesome than vinegar when used in salads, sauces, etc.
7. A slice of lemon bound on a corn at night will remove the soreness.
8. Don't waste the lemon rind. A little of it grated when fresh, and added to apple-pie or apple-sauce is an improvement. The rind of a fresh lemon grated and added to bread-pudding will make a different dish of it.
9. Lemons may be kept nice and fresh for a long time if placed in a jar of water; but the water should be changed every day.

Why He was Not Promoted.

He watched the clock.
He was always grumbling.
He was always behindhand.
He had no iron in his blood.
He was willing but unfitted.
He did not believe in himself.
He asked too many questions.
He was stung by a bad book.
His stock excuse was "I forgot."
He wasn't ready for the next step.
He did not put his heart in his work.
He learned nothing from his blunders.
He felt that he was above his position.
He chose his friends among his inferiors.
He was content to be a second-rate man.

He ruined his ability by half-doing things.
He never dared to act on his own judgment.
He did not think it worth while to learn how.
He tried to make "bluff" take the place of ability.
He thought he must take amusement every evening.
Familiarity with slipshod methods paralyzed his ideal.
He thought it was clever to use coarse and profane language.
He was ashamed of his parents because they were old-fashioned.
He imitated the habits of men who could stand more than he could.
He did not learn that the best part of his salary was not in his pay-envelope.—[“Success.”]

With the Flowers.

Insect Pests.

Sometimes, during the winter, house plants become infested with insect life to a degree which changes them from things of beauty into objects loathsome alike to sight and touch. You feel tempted to carry them all out and tumble them into the snow somewhere, where Jack Frost may have a chance of cleaning them. There is, however, no necessity of sacrificing ones plants like this, for, with just a little trouble, they may be made quite clean and healthy again. But it will not do to waste any time about it. In the hot, dry atmosphere of the house, these lice, or aphides, as they are called, multiply with great rapidity. Moreover, while here, they are immune from the host of larger enemies which prey upon them in the summer, and so have every possible chance for working what destruction they please.

The species of insects which are most frequently found upon plants in the house are: the green louse (sometimes called the green fly, because, in one stage of its existence, it has wings), the mealy bug, red spider, and scale insect. Of these, the green fly, mealy bug and scale insect all belong to the order Hemiptera, of which there are over 20,000 species. They are all provided with mouths fitted for piercing and sucking, rather than for biting, and they exude from their bodies a sweetish, sticky fluid, called honeydew, which sometimes drips from the stems and leaves of the plants on which the lice are. This substance, as may be imagined, attracts ants, if any be in the vicinity, and, for this reason, plant lice have been termed the "milk cows of the ants." It has been observed by the naturalists that ants, with their customary sagacity (one can scarcely call it instinct), care for the plant lice, and drive away their enemies, and even carry them, at times, to better feeding grounds. However, all these interesting things do not help us to like the little pests any better, if they appear on our house plants.

It is an old saying that "prevention is better than cure," and nowhere is this adage more true than in caring for house plants. If proper care be taken to have plenty of good, pure air about them, to keep the atmosphere moist (the "steamy" atmosphere of the kitchen is a good place), and to give them frequent washings, or spraying, with tepid water, there will be little danger of lice appearing. If, however, they do appear, try giving the

plants a good bath in water heated to 136 degrees—higher than that will injure the leaves—or, if you spray it on, heat the water to 140 degrees. If this proves ineffectual, for the green louse, spray or wash the plants well with a solution of sulphotobacco soap, which may be procured from any seedsman or dealer in florists' supplies. If you cannot get this conveniently, use castile soap instead.

If your plants look sickly, and the leaves are dropping off rapidly, examine the under side of the latter. If they look dusty, or have small, rustlike spots on them, you may take it for granted that the tiny red spider is working his depredations there. In order to rout him, spray forcibly with warm water, directing the spray chiefly on the under side of the leaves, or spray with sulphotobacco soap solution, or weak tobacco water.

For mealy bugs, which look like tiny tufts of cotton-batting stuck along the stems, syringe with whale-oil-soap solution, or simply wash frequently with warm water.

The scale insect is merely a species of plant louse, whose presence makes itself known by the appearance of hard brown scales, which cling to the stems of hard-wooded plants. They also come, occasionally, on ferns. If you detach some of the larger scales carefully you will find the lice underneath. In order to remove this pest, brush the scales off with an old tooth-brush, and spray with a weak kerosene emulsion mixture.

If plants are being injured by earth worms in the soil, immerse the pot in limewater, so that the soil is soaked with it, and, according as the worms come to the top, remove them.

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Answer to E. J. M.:

Bulbs may be planted at any time during the winter, but, after planting, it will be necessary to set the pot away for four or five weeks at the very least, in a cool, dark cellar, where the root growth may take place before the top sprouts are forced on. If you plant the bulb and set it immediately in a warm atmosphere, exposed to the light, the leaves will shoot up very rapidly, but the flowers will be likely to "choke" and not mature properly, if, indeed, they come at all. We judge that this is what you have done with your hyacinth. All you can do now is to diminish the light somewhat, and put the bulb in a cooler place for a while, until the root-growth has had a chance to take place. Remember that you must not hurry bulbs at the start, if you would have success with them.