

kind that can be easily disinfected. Cut flowers or growing plants are desirable if not of too strong odor. The water on cut flowers should be changed every day.

A screen is very convenient to cut off draughts or too strong bars of sunlight. Medicines, linen, food, etc. should be kept out of sight.

Many sounds are irritating to the nerves of the sick, such as creaking doors, rattling windows or window-blinds, rocking-chairs, etc.

(**Note.**) It is well in building a house to see that there is one room that will answer the conditions for an ideal sickroom. Otherwise, it is almost impossible to have the best but one can make what they have as near an approach as possible to the ideal.

2. **The Nurse**—should preserve a natural manner, should speak in a low natural voice, be quiet in movement. Should not whisper or go about on tiptoe, as these things are likely to make a patient uneasy. Rustling skirts and squeaky boots are to be avoided. Fussiness and worrying the patient are also to be avoided. It is not necessary to be working about a patient all the time—they need rest and quiet, as does the nurse herself. It is the duty of the nurse, both for her own sake and that of her patient to keep herself in good condition—to get plenty of fresh air, eat good food and take sufficient rest. It is her duty to carry out the instructions of the physician, carefully and faithfully.

BEDS AND BED-MAKING

1. **The Bed**—Avoid wooden beds, if possible. The best bed is of iron or brass, with good spring and mattress. The ordinary single size is best for width. Too wide a bed makes it awkward and difficult for the nurse. It should be from two to two and a half feet high for the convenience of the nurse. It should also be on castors for convenience in moving. A horse-hair mattress is the most comfortable and can be disinfected without injury. A felt mattress is also comfortable. If the mattress is in sections care must be taken that the parts are kept together so that there is not an uncomfortable space.