Amateur Nursing

STRANGER in a strange land, is not more lonely the not more lonely than an invalid, after the novelty of the situation has worn off. The family has settled back into its usual rut, the trained nurse has gone, perhaps because the expense was too heavy for the head of the house, or perhaps be-

the patient "just as well."

No one member has been assigned any particular task in the sick room, consequently everything is done by fits and starts, to the detriment of the invalid, whose nerves are naturally on

Quick recovery is very often delayed by lack of management in this matter. In some instances it is not economy to dispense with a nurse so soon or the competent person, engaged specially to attend to the patient's wants. In a household, where there are sev-

eral grown-ups, occupied in outside work during the day, or perhaps a child er two, making a noise about the house, the invalid is liable to be neg-

At the very first sign of illness that is liable to be of any duration, a room should be specially prepared for the

Where it is possible, the carpet should be removed from the floor, and the latter scrubbed, all heavy hangings, in the way of curtains, taken down, all "truck" and odds and ends removed from the wall, the paint wiped with ammonia and water and the windows cleaned if they need it.

The following pieces of furniture are sufficient for the sick room. One bureau or chest of drawers, a washstand, a small table, several chairs and a single iron bed, if possible, as the patient is much more easily handled in this than in a larger one.

S EE that the windows have shades so that the light may be tempered so as not to be annoying; there should be a screen of some light material to protect the invalid from draft. A light enameled bowl and pitcher are much more practical than the heavy china ware, and easier scalded and kept in

The room should be on the sunny side of the house, and boast at least



The little table should be within reach of the invalid.

two windows. All clothing that does does not belong to the inmate should be removed from the closet and bureau drawers and all useless articles from the washstand, so that the patient may be undisturbed by the aimless trailing in and out of the various members of the family in search of "misplaced articles." The patient should feel that the room belongs strictly to her, and that her sickness has not made her a stumbling block in the household routine. Sufficient linen should be laid aside for her especial use, so that both bed and patient may be always neat. A large piece of oilcloth, over which has been laid a strip of old flannel, should be placed beneath the bottom sheet, to protect the mattress. The under sheet should be stretched very taut, as any wrinkles annoy the invalid. The blankets should be warm and light, an extra one for the evening, when the patient's temperature is lower. This may be spread over the foot of the bed, so that the weight of it comes across the baseboard. The pillows should not be too full of feathers, as nothing is more uncomfortable than a hard headrest. There should always be a small atra one to tuck in wherever needed.

NEVER allow any soiled linen to remain in the room. A supply of old soft linen should be always on hand to be used in an emergency. All blankets should be bound across the top. by a wide strip of white thin cloth, basted loosely to the wool. When soild, this may be removed, washed and

placed. The bed should be placed on the opposite side of the room from the windows, in order to avoid draft. The gas jet should have a shade to it, so that the patient's eyes may not be troubled with the glare, and yet be able to see

"what is going on." The little table should be close enough average patient. At this hour the night to the bed, so as to be within easy nurse or attendant goes off duty and reach of the invalid. There should be the day nurse comes on. It is the duty

tumbler and small pitcher of cool water, should be changed when wearied of. These little things add so much to the comfort and enjoyment of anyone who is ill. Well folks scorcely realize what it is to lie day after day with nothing o occupy the mind. Reading at any

length may be impossible, but tooking at pictures is always a diversion.



One of the luxuries in serving meals is the bed tray

sion may be placed on the stand to be "played with" in idle moments. All these things tend to keep one cheerful, and are harmless.

In order that the nerves may not be unduly jarred, small rugs may be placed where the traffic is heaviest. The bed should stand away from the wall, leaving both sides free of access. The screen, a light one easily moved. should be so placed as to shield the bed from any possible draft from the door. This latter should be open most of the time, unless the household is a isy one, as the patient feels less

bed tray. This costs comparatively little, and will pay for itself many times over. It does away with all effort on the part of the invalid to hold the tray steady "so's not to spill anything." And be served. It is just an extra large tray, with an edge to prevent the dishes from being shoved off, and stands on short legs that rest on the mattress on each side of the patient.

Anyone who has been ill knows how unhandy everything seems at meal times, where the average tray "will wobble and mess everything all up." No ordinary tray was ever large enough. and the dishes had to be set around most anywhere, and because of this difficulty in feeding oneself, half the pleasure of the meal is lost.

LI, dishes should be removed as A soon as the meal is over. One untidy dish will make a room seem cluttered, and odor of food after a meal is not agreeable.

Light curtains, of some washable material, may be used at the window in

addition to the shades. If the physician deems it necessary for the nurse or attendant to sleep in the room, a cot, or couch, may be placed at her disposal, but under no circumstances should she sleep on the same bed with her patient. This would be detrimental to both.

If a regular night nurse is on duty. the family should see to it that the gas is turned out and a night lamp used in its place; all graduate nurses know this rule, but some are not so considerate as others. It is difficult even for a well person to sleep when a light is burning.

Some light refreshments, with a cup of something hot, should be taken by anyone who is sitting up all night with a patient. It gives strength and helps to keep one from becoming drowsy. Those on duty during the day cannot be expected to take the night watch.

If the person seeing to the patient's comfort sleeps in an adjoining room, a beil should be placed on the invalid's table within reach.

Be very sure to consult the doctor as to the advisability of waking a patient to administer medicine at night, especially. In some cases sleep is the best medicine. In others, the regular dose must be given at certain stated times. All medicine bottles should be kept out of the sight of the patient, as they have a depressing tendency.

E 1GHT o'clock in the morning is the usual "getting up time" for the a nest white cover on it, a little vase of the day attendant to see that the

invalld is properly bathed and groomed for the day. The general routine of work is smoothly carried out-if the attendants are trained nurses, but where those in charge

are friends or relatives, there are liable First of all before offering your services, be very sure that you can stay the full time you promise, be it a half hour or a whole day. Nothing is more annoying to an invalid, or more disconcerting to the household in general, than to have a volunteer nurse "go back on her job." It makes the patient

I think the hardest hours to be gone through with for the invalid are those in which she gets settled for the day. With a careless family she is often left "floating" longer than is advisable for her welfare, to say nothing of her comfort!

nervous, and turns the "system" topsy

N the hustle and bustle of rising, and breakfast, the family often forgets that "dear Mary" may need, and would appreciate, a little early attention. There is a saying that "When we are dead, we're a long time dead." And some families seem to think that when we're sick, we're a long time sick, and that they need not be in a urry to wait on us.

Everything is levely, so long as the povelty lasts, but as the weeks pass, the days commence to drag, and we shirk, or forget the little attentions that mean so much to the one who is

To avoid this deplorable condition of things, each member of the family should have certain tasks to perform. No set of rules can be laid down for this as all families differ. But it should be the duty of some one, to see that 'Mary' starts the day right. As soon as the patient awakes, the

should be aired and set to rights. This will not be difficult, if the preceding instructions as to furnishings have been followed. The bed must be aired and remade. This can be accomplished by wrapping the patient in a thick blanket, removing the top covers, shaking them well, and laying them over chairs by the open window. The same treatment should be given the pillows, one at a time, so as not to rob the patient of all visible means of support. See that the lower sheet is smooth. Then replace the upper sheet and blankets. Fill the basin with warm water, put a towel around the patient's neck, have soap, washcloth and towel handy. If the patient is able, she would much prefer washing her member that face and hands are flesh and blood, so don't go at them too This will require very gentle treatment, as the head is probably sensitive. If the hair has been braided the night before, the snarls will be few. Begin at the ends and work towards on it much more attractive meals may the roots. I wish that I could write that in capitals a foot high.

> After the hair has been combed, it might he tied with a cheerful ribbon. A little bit of primping never did any harm, and it gives an invalid a vast amount of satisfaction to know that she "looks nice."

HE physician is the only one to I give advice as to the frequency of the bath for the body, affecting patients differently, as it does. After finishing the hair, whether a bath be given or not, the nightgown should be changed to a fresh one, and a light dressing sack put over it to

protect the shoulders and arms from

The patient should brush her teeth



there are matters to discuss. be sure they are fought out

well, and if the tongue be heavily coated, a silver table knife may be scraped across it to remove the thick coating. If this be done, the taste of breakfast will be vastly improved. Carefully remove all evidence of the bath from the room and have everything in apple-pie-order before the breakfast is ordered.

Again the menu must depend upon the doctor's orders, but the family can do much to make it attractive. Hot things should be hot, and cold things cold. The dishes should be properly seasoned and arranged to please the eye. See that things are not burned, or undercooked, that the dishes and linen used are clean and white, and above all that

cellent plan to have the coffee, tea or cocoa served in an enamelled pot, where it can be placed on a small alcohol stove in the patient's room and thus be kept piping hot until required. Coffee has a bad habit of getting chilled. If off the stove very long, especially the second cup. Arrange the dishes on the bed tray, fix the patient comfortably with pillows, and "let her eat in peace." She'll call you if she needs anything. An valid does not like to be stared at and ted questions, at meal times, any more than a well person; be in the room if you like, but for goodness' sake don't sit and watch her.

After breakfast has been disposed of, if the patient is not nervous or excitable, letters and the morning paper may be read. A sick person enjoys having her own newspaper separate from the family. Nothing is more trying than having to wait until others are

Do not exclude the patient from all voice in the household, but be very sure that only the pleasant things come to her ears. Never under any circumstances argue with her about anything. She needs all her strength for her own use. If there are matters to discuss, be sure that they are fought out below stairs, out of reach of the patient's keen ears. Nothing tends to make one nervous, so much as a whis-

There are many "dont's" that the family could observe in connection, with the invalid, but the following should be strictly carried out.

1.-Don't cry in the room, ever. 2.-Don't every few minutes ask the patient how she feels.

3.—Don't let her know that her sickness is an added expense, perhaps 4.-Don't walk on tiptoe, if not nec-

5.—Be considerate, pleasantly off-hand, but, don't fuss. 6.—See that she gets little bits of in-

teresting news from the outside world 7.-Don't all crowd in the room at once, nor stand in the doorway with

8.—Debar depressing relatives, who "mean well" but are lacking in tact Use force if necessary.

9.—Avoid all friction from any source. Never under the most trying circum-

stances allow the patent to feel for one

moment that she is a hindrance.

A FTER a tasty luncheon has been served, and the patient has had a short nap and has been tidied for the afternoon, pernaps it would be pleasant for her if a friend could "drop



For a little while after supper the family may drop in casually for a visit

in' to see her for a short while. To be beneficial these visits must, of necessity, be "short and sweet," but they help wonderfully to break the monotony of the day, even though the visit be cut to the size of the regulation hospital piece of toast!

It is much better to have an hour when your friends can come to see you than to have them dropping in un-

awares. If the patient likes to be read to, select some bright, up-to-date short story. that does not require much effort to follow.

A friend of mine used to knit, by way of diversion. She was a young girl who had always been active. The needles were large and the wool coarse, and sometimes only a few stitches a day were accomplished. But it kept her happy. The work was easily held and not a labor, and filled in the time. Selfforgetfulness is one of the greatest helps towards regaining health.

POR a little while after supper the family may drop in casually for a visit, but should not stay too long at any one time, as a lot of people, trying to be pleasant, generally end in being stiff and fussy.

Don't make the patient morbid by being too solicitous about her condition. . If you want to know, ask the doctor, but for goodness sake don't remind the patient every few minutes that she is on the sick list!

Before she goes to bed at night the room should be thoroughly aired and put in order, the hair combed and braided, the hands and face washed, the nightgown changed, the bed clothes aired and replaced, the pitcher refilled with coolnot ice-water, the extra blanket put in place, the gas turned low-not outthe shade so arranged as to exclude all light from the bed, and the room made quiet. If the invalid likes perfume, a little may be sprayed around the pillow wade agreemed fine body. This will attitude

induce sleep. Sleep should come on gradually, the patient never having that nervous feeling of being wholly in the dark and expected to "go to sleep." If there is a piano in the house, at some distance from the invalid's room, sometimes a little music will do much to quiet the nerves at the end of the day. Some pretty lullaby, some twilight song is all that is needed. Before you know it, Mary has drifted off to dreamland. The gas may then be turned out, the night lamp lit, the door left ajar.

It is very important that that first

It is very important that that first sleep should not be disturbed. So it is best for the night attendant to sit for a while in an adjoining room, where she can keep an eye on the patient from the doorway, avoiding the risk of disturbing her by walking about in the room.

As the rest of most patients is more or less broken at night, be very careful not to disturb her more than necessary, in order to carry out the doctor's instructions. A patient may undergo tortures because the night attendant wears squeaky shoes or rattles the spoon in the glass unnecessarily, or snores or wheezes while asleep on the watch.

. . . T IS essential that the patient have perfect confidence in the physician who is in attendance. If the usual family doctor does not

seem congenial, call in some one

when the doctor comes in the morning, always allow the patient a few minutes conversation alone with him, as it is very important that there should be perfect frankness between them, which is more or less withheld when others are present. If you wish to consult the doctor for any reason, do so out of sight and hearing of the patient.

may be ill, never let her see that the family is weary of being in attendance. They couldn't possibly be half so weary as she is. They can seek other society out of doors, but the poor invalid is cooped up against her will in the bosom of her family, a condition which sometimes leaves much to be desired.

desired.

Be sensible in your efforts to make the patient happy.

If you have a canary, bring it into the room for its morning bath, which is interesting, but do not leave it in the room too long, as the continual singing is sometimes nerve

Family pets should, as a rule, be excluded from the room, that is for a visit of any length. A small jar of goldfish will afford the sick one a great deal of pleasure, and does not require much care.

DISCOVERY

By Charlotte B. Jordan

Things are not like they used to be When I was very small, And some things 'bout old Santa

There used to be just only one, Who came the night before And climed right down our chimney place And filled our stockings four.

But now—oh, my! I saw today Six standing round in town, And one was dressed in red and

And two in pink and brown! One wore a pointy white fur cap
And held a plate for money
Which said "To feed the Christmas

poor." He looked most gay and funny! And one who stood in my toy store Shook hands with me so kind, And hoped I'd find a Christmas tree Just suited to my mind!

And once I spied a real Saint Nick,
Who gave me quite a wink
And popped right down the chimney big
Before I'd time to think.

And at our Sunday school last night. The gifts from off the tree. Were passed by still another one, As jolly as could be.

And Christmas day is not here yet;
It's some days off, you know,
And yet the town is full of these
Kriss Kringles in the snow!

I 'most begin to think I think
That all folks—even I—
Could be a kind of Santa Claus
If I should only try. What fun it is to find it out!
What fun to try this year
To help Kriss Kringle pass arou
His stock of Christmas cheer!

I'm glad the world is full of us!
I'm glad to know that we
Big folks and little children, too,
Like Santa Claus can be!

The Art of Handling Flowers

be at first supposed in the process of making up a bouquet. It is essentially an art of the maîtresse de maison who likes to receive and give bouquets, and to see her drawing-room adorned with a profusion of flowers. In short, it is a woman's art, be the woman a whose trade is to ply deft fingers in the making up of bouquets. There is a certain deftness and a certain taste in this matter which seems to belong especially to French fingers, as they most certainly do to feminine ones.

To set a man to make up a bouquet would, in a general way, be very like turning a bull into a clover field. As the bull would trample down the clover blossoms, so would man's fingers and thumb crush the beautiful blossoms without being able to the contraction. beautiful blossoms without being able to turn them into any account in the formation of a bouquet. Women easily become proficient in the art, without having learnt it; and speaking in a general way, the Paris fleuriste surpasses them all. A certain faculty here comes into

play, in which taste for combining and eye for color have place. Countless French women possess a distinct artistic sense, applicable in general to small things only.

Is this business of making up bouquets to be classed among the small things? Perhaps—as it roight also develop into a matter of considerable importance. For artistic

A Yuletide Incident

By Carolyn Aronsohn. COMMERCIAL traveler, one of the first of her sex to go out on the road, passed thru the great doors of a department store, with no thought of her own work, but with the simple intention of finishing up her Christmas shopping. It was not an atmosphere of peace or good will in which she found herself. On the contrary, she was appalled by the rush and excitement and competitive struggle of the customers around the bargain counters. It was not, however, the dislike of merging herself in the nervous crowd of shoppers that deterred this girl from turning "up the aisle to the right," as she was directed in order to go to the glove counter. Her eyes were caught by brass bird cages, pendant from the ceiling of the store as holiday decorations. The canaries were shivering in the drafts made by the continual open-ing and shutting of the doors of the various entrances to the shop and she noticed a distinctly unpleasant

"It happened," said this girl, "that I was somewhat interested in birds, because on the list of articles sold by the drug firm for whom I was traveling, there was a certain bird food. In spare time, in reading up about the stuff which I had to sell, I had managed to learn a great deal. I had managed to learn a great deal I had managed to learn a great deal relating to the doctoring and caring for birds. For, tho the profits from this food were almost negligible to the firm, I loved pets and learned about them easily. So, when I saw how these poor creatures in the cages were suffering, I found my way to the manager of the store, and asked him if he knew in what conditions they were. I suggested that if he would permit me, I would personally clean out his cages and show him how they could be made

show him how they could be made babitable by the tiny occupants.

He was a kindly man, and the quite surprised at my suggestion, taking me for a philanthropic leave. taking me for a philanthropic lady of leisure, he gave me "carte

blanche" to do what I pleased. I at once set about a systematic cleaning, and with the help of the boy sent to my aid, constructed a small wooden screen for the protection of each cage against draft. Their bad condition was due to the fact that they had been hung exactly as they had been received from shipment.

One funny thing happened to interrupt my work. On the second day an officer of the Humaine Society came to me, saying his visit

clety came to me, saying his visit was due to a complaint he had got-ten about these very birds. But as long as he saw we were doing our best to remedy conditions, he would turn in a good report of us. I thanked him, and explained nothing. Nor did I mention the incident to the manager. When I had finished my self-ap-

pointed task, before leaving town, I reported its completion to the manager. He asked who I was. "A commercial traveler, passing thru," I told him laconically.
"Why didn't you tell me you came to sell?" he asked, amazed.
"Because," I retorted, "I didn't. I sell only to wholesale jobbers. It

sell only to wholesale jobbers. It was pity and love of the birds that prompted my offer to come to their relief, rather than your relief."

"Anyhow," he said, after further explanation, "I believe I can give you a large enough order for your bird food to interest you. Besides, I have a splendid idea. There must be thousands of people who, like myself, know nothing about the care of the birds, and would like to learn. Would you be willing to stop here on your. you be willing to stop here on your return route and stay in the store for a week, provided I advertised your presence as a consultant for the doctoring of birds and their care?"

I doubted if my firm would like the proposition, but to my surprise, they granted their permission. You can have no idea of the throngs who came in response to that advertise-ment. It seemed that no one had ever furnished these people, eager for information the they were, with

A SAFE AND SANE **CHRISTMAS**

-BY HEBE-

T IS SUCH a temptation during the holidays season to throw discretion to the winds and eat all the good things which appear to tempt us. I have heard women boast that they do not care for candy, that they never touch pastry, that they have no fondness for this or that indigestible dainty, but it is usually proven that most people have a liking for some one particular article of diet and that this appetite is indulged except in unusual cases.

of diet and that this appetite is indulged except in unusual cases.

No one is willing to admit that a favorite tidbit is indigestible. It must be something else that has produced that blemish and causes distress after eating. There is always an epidemic of mottled complexions after the Christmas holidays and it is not surprising when one reads of the enormous amount of money spent upon candy in Canada.

Candy—pure candy—is not injurious in itself, but like everything else taken in excess it can do mischief to a gourmand. Its principal damage to the teeth is caused by its excessive presence in the stomach producing injurious acids in the mouth. As far as direct contact with the teeth is concerned sticky candy is excellent for loosening the fillings and hard candy can chip enamel. It has a way of finding sensitive places in the teeth whether there is an actual cavity or not. But on the whole, candy does not directly injure the teeth, provided that the mouth is washed out with a neutralizing fluid within an hour after the candy is eaten. The best mouth wash to overcome the after effects of sweets is a teaspoonful of baking soda (bi-carbonate of soda) dissolved in a pint of water. This should be bottled and used several times a day, a mouthful or se at a time, to rinse out the mouth.

T SEEMS such a pity that people so often feel justified in allowing the children free rein in the matter of sweets during the holidays, accepting the inevitable billious attack afterward with a philosophical "I told you so."

Of course, if a child is once allowed an overdose of sweets the same indulgence is looked for the next time and the next the remonstrance becoming weaker each time.

next time and the next the remonstrance becoming weaker each time, and the "sweet tooth" becoming more and more pronounced, until at the age when looks begin to count, the complexion, teeth and stomach are seriously and perhaps permanently damaged.

I do not pretend to say the human taste for sugar is unnatural, for there is no doubt but that we do require a certain amount of sugar in the system, but there are times and seasons.

The other day I came up in the car with a sallow-faced young mother and an equally unhealthy looking child, the latter barely two years old, and holding a grimy bag of chocolate drops in its hand. Mother and child munched away and, I have no doubt, that little or no substantial lunch was eaten after the couple reached home. Now, it was nearly time for the midday meal and the two had obviously been on a shopping expedition—probably, the mother had to take the baby because she had no one at home with whom to leave it. But can you imagine the effect of that rich sweet chocolate upon the tired empty stomach of that child?

THE great trouble with candy is that it is rarely eaten at the right time, and when it is eaten, it is in such quantities that it interferes with the next meal. Personally, after the Christmas fostivities. I have a plebian longing for plain mashed potatoes and beesteak, and since the latter is becoming such a luxury perhaps it will some day become as acceptable a gift on Christmas as a box of candy. Certain it is that an unlimited feast of goodies leaves one still hunsry because it is not one's usual fare and after a while a desire for substantials becomes manifest.

Meanwhile if you cannot curb your appetite for sweets? do not fail to practice more than your usual vigilance in the care of the teeth and skin. Clean the teeth carefully after each meal as well as at night and in the morning and run dental floss between the teeth once a day—preferably at night. Take a laxative daily.

Do not omit your daily better and Do not omit your daily baths and

complexion massage and make up your lost sleep as fast as possible. Keep the face clean in order that the pores may emit the surplus rich-ness as fast as possible and try to eliminate any prospective blemish by antiseptic. If the threatening spot does develop however do not fuss with it until it is quite ripe or an ugly mark will result.

Where there are young children do not have a display of forbidden

where there are young children do not have a display of forbidden fruit in evidence, or at least provide a special box of the plainer kinds and dole it out in homeopathic closes immediately after meals, but never just before.

The lassitude which is apt to follow the inverse transfer of the contract o

The lassitude which is apt to fol-low the joyous season is quite as much due to upset routine both in living and diet as it is to reaction. Even grown people do. I regret to say, get out of sorts after such ex-citement and it certainly is hard upon the school contingency, who must go back to a hard month of preparation for the Echanya. preparation for the February "exams." Does it pay to crowd every sort of excitement into ten days of two weeks and then end up with a bad headache and a fit of temper? . . .

It is too bad to preach at Christmas time, but it is so easy and so much more satisfactory in every way to have a sane Christmas. We talk about a sane Fourth but we have yet far to go before these two adjectives can be applied to the midwinter celebration.

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not despised their case th servants to ever, as the ourgeois tha stantiality. and the do ability and a woman. Hence "Elle est tre readily to the wishes to specimptuous ma