

hour to spend on the sponge, put twenty minutes of the time on the inner sides of the limbs and down the back. Let your touch be gentle, firm, and soothing. Never allow your patient to shrink from the sponge. With the average man, and especially woman, there is an intense dislike to the shock of cold water. But if you wish to give a cold sponge and he shrinks at the first touch, take two basins, one tepid and the other cold; take the first stroke of tepid; that will prepare him for the second stroke of cold. The same principle applies to the wet pack. Apply the sheet wrung out of warm water and gradually reduce its temperature by sprinkling with cold water. Avoid all resistance. Do not allow your patient to use his strength when you can save it. Let the sponge or pack be a rest, not an exertion. If the delirium is violent and the nervous symptoms very marked, the hot sponge is at times more beneficial than the tepid or cold. Go over the whole body, keeping up the temperature of the water from a supply pitcher. Give the back the last attention, and before sponging it put on a slip night-dress opening down the back. Then take the long strokes down the spine as hot as the patient can bear, and in ten or fifteen minutes he may drop to sleep under your hands. Should you gain that object, gently arrange the night-dress and bed-clothing, and be careful not to disturb him. In general neuritis, which is not an uncommon complication, it may be necessary to suspend the sponging for a time, or the body may be gone over in *pats* rather than strokes, drying off in the same manner. When handling a limb in neuritis make pressure with the hand upward towards the trunk, as the downward traction stretches the inflamed nerve and causes more intense pain.

In delirium a feather pillow should not be used. If you cannot afford a water pillow, a three-quart rubber bottle filled one-third with tepid water and the air excluded, makes a very good substitute. A hair pillow is cooler than one made of feathers.

Never scold a typhoid patient. Speak firmly but gently; agree and sympathize with illusions rather than argue. Notice carefully if the patient is worrying and find out the cause. He may dislike a water pillow; if so, do not use it. A picture, a wall paper, or a curtain pattern may be bothering him and he cannot tell you, or it may be a colored screen, a colored pin-cushion, or a perforated cane chair that may be causing him annoyance; all bright colors and patterned things should be kept out of a typhoid's sight. You cannot nurse by rule in typhoid fever, as no two cases run exactly alike, and it develops more idiosyncrasies than any other disease.

When tympanites is present and applications are ordered great care should be exercised in their use. All applications,