

OUR INVALIDS.

CLEANLINESS and system are the first essentials of nursing, yet the carpet must be swept by the noiseless carpet sweeper, or with a dust-pan and whisk broom, never in any way that will raise a dust. The room must be cared for carefully, yet in such a manner as not to annoy the patient. Perfect ventilation is a necessity, and in winter if possible an open fire should be in the sick room, both because this is the most wholesome way of warming the room, and for the sake of the ventilation. Towels and bed lines used by the sick should be aired and warmed in winter after they are taken out of the linen closet. The tray of food brought to the invalid should be as attractive as dainty china and spotless napery can make it, and if possible the edibles should be garnished in some delicate manner. Whenever possible bring up a cluster of flowers with the salver, if only a rosebud, to brighten the room. Do not allow flowers to remain more than a day, but replace them with fresh ones. Make the sick room as lovely as neatness and perfect ventilation can make it, and add anything that will make it brighter and more cheerful, any fresh ornament or picture at your command. These are little matters, but they lessen pain by turning the mind of the sufferer, if for a moment, from his sickness. It is important in infectious diseases to have a disinfecting fluid to use for cleansing china, clothing and bedding. All articles which are to be laundried should first be wrung out of some disinfectant fluid and flung out of the window to air, rather than be carried through the house. If such a course is followed the contagion of the disease may be kept in one or two rooms. The dress of the nurse should always be of some material that can be washed. The nurses of training schools wear dresses of striped blue and white seersucker, a white apron and white caps. The dress is pretty and dainty, and every part can be put in the wash boiler if necessary. A cap that completely covers the hair is quite necessary in case of infectious diseases. Quiet is indispensable in the sick room. It is a mistake to maintain an oppressive silence except in certain cases; but there should be no rustling of stiff skirts, jarring of the bed, rattling of dishes or jarring of windows and doors. A cheerful manner and perfect self-control in case of emergency are a necessity for a successful nurse, whose care in many diseases accomplishes more than the medicine of the most skilful physician.

I heard a lady say the other day, "I wanted to carry something to Helen to-day, but everything I have is so common!"

Dear friends, do not wait for uncommon things. Remember in how great measure it is the common things, the dear, common things of life, from which sufferers are so sadly shut in. Carry your friend a sod of violets, placed in a shallow bowl where they can be freely watered. They will grow and blossom in her window for days and days. Carry one of your blossoming house plants and leave it there a week. Carry your canary and let him sing there. Send her your photograph album, your scrap book, your box of stereographs some dreary winter day. Carry your precious silk quilt or your new afghan, and let it lay awhile on her bed or lounge. Even though she has one equally pretty, yours will be different, something new to look at.

Memory would fail me to recount the many gifts and favors that have brightened my own sick room, but, as I try to recall them, I find it is the little things that come most readily to mind. May flowers from the April woods of the Kennebec; a handful of pond lilies; a curl from a child's head; a comic picture or verse cut from a newspaper; a pitcher of new milk; a big red apple. But most precious, first and best of all the things that came to me, were letters. If you have a sick friend at a distance, write to her. Write often. Never, until you have yourself known the loneliness of long illness, can you understand

how much comfort there is to an invalid in a cheerful, newsy, chatty letter.

It is pleasant to note that in the matter of furniture for invalids which add to their comfort, there are a few new contrivances. In the matter of bed rests alone, instead of the old one which can merely be slanted at will, there is a most comfortable apparatus, padded in such a way that it gives support to the lower part of the back; and to those who know what protracted illness means, that point alone must be a great recommendation. There are also side-pieces at the top for the head to rest against, and arm-rests. These can all be folded back, if not required. Then, owing to some sliding arrangement in the bottom of the frame, it is not only possible to obtain the right incline, but also to alter the position of the patient, moving him higher up or lower down in the bed, as may be required.

Invalid carriages in great variety are to be seen. One especially is worthy of notice. It is constructed that it may be used as, and has the appearance of, an ordinary bath chair; but it has a leg rest and a moveable back, so that the occupant can sit up or recline, as most comfortable. These chairs can all be fitted with hoods, which remove quite easily, and are so well provided with India-rubber tyres, Cee springs, etc., that they are absolutely free from any jolting or shaking. There is, too, a very light wicker chair, fitted with self-guiding front wheel, obviating the necessity of raising the front part of the chair to turn it round. The latter is now also fixed to the spinal carriages. One of the chairs is constructed exactly on the same principle, but to be drawn, if desired, by a pony.

And this brings us to the end of our list, which we will close with a reminder that everything that can possibly tend to alleviate pain, or add comfort to weary hours of enforced rest, is to be seen and obtained nowadays. The minor appliances—minor in size, though not necessarily in usefulness—such as leg-rests, bed-cradles, crutches, etc., certainly need no description, and are to be had at prices to suit every pocket.

LIME WATER.

LIME water is very useful in the household, and a bottle of it should always be in readiness.

To make it, place a piece of unslaked lime in a clean bottle and fill with clear pure water. Keep it in a dark, cool place. It is soon ready for use. As the water is poured off more may be added.

A teaspoonful in a cup of milk is an excellent remedy for delicate children whose digestion is weak; it is also beneficial to persons suffering from acidity of the stomach. It gives no unpleasant taste to the milk or other articles of food in which it is put. When a little lime water is added to cream or milk which must stand some time, it will prevent its souring. In cooking, where milk is used, a few drops will prevent curdling. Some cooks add two or three tablespoonsful to bread sponge in very warm weather to keep it sweet.

Bottles, jugs or jars that have become impure from long standing, can be thoroughly cleaned by washing in lime water.

A mixture of one part lime water and two parts linseed oil applied at once to a burn will be found excellent. Lime water is a good wash for sores, and when thrown into sinks or other foul places will cleanse and purify. It is also a remedy for poison.

It being very easy to prepare and no expense, a bottle should be found containing it in every household.

For a burn or a scald try a single application of baking-soda slightly dampened. It draws out the heat and pain wonderfully.