

Government of the Province of Saskatchewan

DEPARTMENT OF AGRICULTURE

Hints on Home Nursing

THE SICK ROOM.

1. The best medicines for any patient are cleanliness, air, and sunlight. To provide plenty of air the room should be spacious and easy of ventilation. A southern outlook will provide the greatest possible amount of sunshine: a western is next best. The sunlight is a healing agent and cheerfulness of surroundings makes for the recovery of the patient. Plenty of light acts in the same way. A sick room should not be kept dark except in cases of affections of the brain or eye.

It should be kept as free of dust as possible, the fittings and furnishings should therefore be of the simplest kind. If rugs are deemed necessary or desirable let them be of a kind that are easily taken out, shaken and exposed to the sun and air. Have no hangings; if curtains, let them be washable. White walls are very trying to the eyes. Painted a soft tint (neutral green or soft gray) is the best. If papered, plain paper of some soft shade is best. On no account have papers with strongly marked figures or patterns. These are very dazzling and annoying even to a well person if constantly with them. It is important to keep the room tidy and attractive-looking with as little furnishing as possible. The fittings should be of a kind that can be easily disinfected. Cut flowers or growing plants are desirable if not of too strong odour. 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.

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. A feather bed is most objectionable. It is too yielding, and the patient needs a good firm