

rubber band and hollowed in the middle to receive the ice. The tumbler should be covered with a newspaper cap to exclude the air.

BATHS.

When the temperature is very high the doctor may order a cold sponge bath, or a wet pack to reduce it. The former is given by placing a folded blanket under the patient, removing the night dress, covering him with a single blanket and sponging him from head to foot beneath it. In a wet pack the bed is covered with a rubber sheet, or a large piece of table oilcloth; after the night clothes are removed the patient is wrapped in a sheet wrung out of cold water, the face being bathed also. If the sheet dries quickly it is sprinkled with cold water. The doctor watches the temperature by means of a clinical thermometer to see that it does not fall too rapidly.

When there is great restlessness, or it is desirable to produce perspiration, the wet sheet is covered with one or two blankets. After an hour, or when the skin is moist with perspiration, the patient is wiped off and put between dry sheets. This will sometimes quiet delirium and give much relief. There need be no fear of driving the rash in.

IRRITATION.

The itching in scarlet fever is very great, and something must be done for its relief. Rubbing the body from head to foot with pure eucalyptus oil is said to prevent infection, as well as soothe the patient. Anointing with benzoated lard, which can be procured at a druggist's ready prepared, is useful. In milder cases bathing with carbolized water, or water in which baking soda has been dissolved, brings ease.

DESQUAMATION.

When the fever subsides the skin peels off in flakes, sometimes large patches coming off at once. If the skin is kept oiled these will not be as widely distributed, the cloths used for the purpose being burned, and so the chances of conveying the infection to others lessened.

FOOD.

As in all fevers the diet should be light while the temperature is high. It should consist of milk, eggs and cereals in various combinations, these being the staple of all invalid diet. Broths and beef juice are useful, not because they are highly nourishing in themselves, but because they seem to stimulate the appetite, increasing the desire for food and also assist the digestion to do its work. When the child wants a change from liquids beef jelly may be made by squeezing the juice from a thick piece of beef, or drawing it out by heat, and then making it into jelly by adding gelatine. The recipe that comes with the package can be followed, using the beef juice instead of water; season with salt.

Lemonade, or any mildly acid drink, is grateful. Care should be taken that plenty of water, either plain or flavored, is drunk, on account of its effect in flushing out the kidneys.

PERIOD OF INFECTION.

The disease may develop in any time from twenty-four hours or less after exposure, to twenty-one days; it is usually about six days. The patient remains contagious for about six weeks. It used to be believed that the contagion was conveyed by the scales of skin that fell off, and that when this process was over it was safe for the patient to come in contact with others. It is now thought that the germ is present in the discharges, especially that from the nose and throat, and that the air of the sick room is laden with poison, which may be carried to others in clothing or other articles.

DISINFECTION.

Whoever enters the sick room should be provided with a long cotton wrapper and a large cotton handkerchief or cap, to completely cover the hair. These should only be removed in the hall or an adjoining room. The hands and face should be washed in warm water with soap and the hair well rubbed with a clean towel.

Every piece of clothing that touches the patient should be thrown into a disinfecting solution before being washed. A cheap and good one is made by dis-

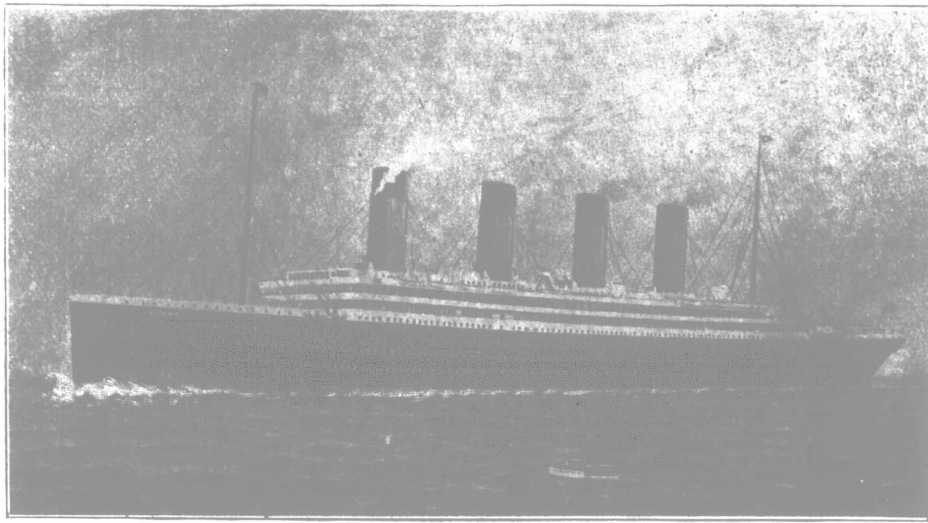
solving a quarter of a pound of sulphate of zinc and two ounces of common salt in a gallon of hot water. After the clothes are washed they should be boiled in water to which washing soda is added to prevent their feeling harsh to the touch. Sun and air are good disinfectants, and none is better than steam. Make a sort of hammock inside the wash boiler, by covering the top with cotton hollowed to receive the articles, and tying it round the outside with strong string. Put the cover on tightly, and have enough water in the bottom to boil and generate steam to saturate the things to be disinfected, and you have an efficient germ destroyer.

All the discharges should be carefully cared for. Sulphate of iron, better known as copperas, may be used to cover them and to pour into the closet when they are emptied. Make a saturated solution of the copperas, that is, that the water will take up, and use it freely. If an outside closet is used, cover the discharges thoroughly with quick lime.

Use pieces of soft cotton instead of handkerchiefs. Roll them and all waste from the sick room in newspaper and burn the parcel without opening it.

DISINFECTING THE PATIENT.

After recovery the patient should be sponged with a disinfectant. A simple one is a saturated solution of boracic acid, in which the hair also should be thoroughly washed. After this a bath of warm water should be taken, using plenty of soap, the hair sharing in the cleansing process. A complete outfit of clean clothes, which have not been in the sick room, should be provided. In case of death the body should be wrapped in



White Star Liner, "Titanic."

Sunk by collision with an iceberg in the North Atlantic, on the night of April 14-15.

a sheet saturated with formalin, a handkerchief steeped in it being placed over the face.

CLEANSING THE ROOM.

If there is a carpet on the floor it must be taken up and spread out on chairs. The bed should be stripped and the mattress turned on edge, drawers and closets opened. To disinfect a moderately large room, purchase six and one-half ounces of permanganate of potash and one pint of formalin. Stand an earthen jar, or iron vessel, on two bricks and put the permanganate of potash in it. Pour in the formalin and leave the room as quickly as possible. After twenty-four hours enter the room, open the windows, and when it is well aired scrub and clean it. The walls should be re-papered or painted and the ceiling calomined.

To make the most of dull hours to make the best of dull people, to like a poor jest better than none, to wear the thread-bear coat like a gentleman, to be outvoted with a smile, to hitch your wagon to the old horse if no star is handy—that is wholesome philosophy.

There can be no harm in building castles in the air as long as we build the foundation on earth.

It is the day of days when a man first realizes that his destiny is entirely in his own hands—M. Maxx.

News of the Week.

The Sinking of the Titanic.

Not until Friday, April 19th, after the arrival of the Carpathia in New York, was it possible for the daily press to learn and give out the details of the sinking of the Titanic, on the night of April 14th, to the distressed public. "The greatest marine disaster in history!"—and yet it appears that there was no panic, no display of other than heroism among the 2,340 on board the great vessel, of whom 1,601 went down to death, 739 only being saved.

"Only a slight jar was felt," says a survivor, "and the immediate stopping of the engines." Then men and women came quietly out to learn what was the matter. Some had not yet retired, for the time was not quite midnight. So easily did the vessel settle, that at first no great anxiety was felt, and a card game went quietly on. Then came the order for men to stand back and women to take to the lifeboats. Quickly, yet without confusion, the order was carried out. The women stepped in quietly and were lowered into the sea with just enough men to handle the boats. Many of the women, however, refused to leave their husbands and loved ones, and so, as the boats pushed rapidly off into the

drowned. Of the Canadian men on board, only two are among the saved, Major Peuchen, of Toronto, and Mr. Dick, of Calgary. Montreal has suffered heavily, losing eleven of her citizens.

It is notorious—yes, notoriously culpable—that efficient steps for the protection of human life are so seldom taken until some terrible disaster occurs to serve as an object lesson. It needed the awful school holocaust at Cleveland to stir the public into examination of the general conditions of its schoolhouses, and the still more terrible loss of life in the burning of the Iroquois theater at Chicago to awaken inquiry into the fire protection of theaters. To-day it becomes public that ocean-going vessels are not, as a rule, provided with lifeboats enough to carry off the full complement of crew and passengers. The Titanic, the most magnificent type of ocean-going steamer afloat, new—on her maiden voyage—was equipped with only 14 large lifeboats, 2 smaller ones, and 4 collapsible boats. There were sufficient life-preservers for all, but life-preservers are but a poor guarantee of life in an icy sea. Moreover, there are hints of carelessness. "What was the Titanic or any other vessel doing so far north," asks Mr. Andrew Carnegie, "when warned that there were icebergs about? There was a whole open ocean to the southward."—And in reply comes the whisper from a survivor, that the great steamer was out "for a record."—What common sense is there in the mania for "speed" and "records" that seems to have seized the world, with its inevitable lessening of security for human life?

Already Transatlantic lines are ordering their ocean-going vessels to carry double their present number of lifeboats. Already an investigation into the causes of the Titanic disaster has been ordered by the British Board of Trade, and another begun by a Special Committee at Washington. It is to be hoped that the outcome will be drastic measures for the safety of travellers across the sea, and that no considerations of commerce or "record trips" will be permitted henceforth to put human life to risk.

But can the continuance of such measures, even though instituted, be depended upon? Nothing but a never-ending vigilance, that regards human life ever as a value into whose balance trade considerations can never be thrown even for an instant, can ensure this.—But people, even Governments, forget with time, vigilance is too often relaxed, "interests"—money-interests—are permitted to intrude insidiously as is their wont, disaster upon disaster must usually come before a constant care and supervision can be relied upon. Can we hope for it in this instance?

Incidentally, the loss to the White Star Line in the sinking of the Titanic, amounts to about \$3,000,000. The total loss is estimated at about \$12,500,000.

The Senate investigation of the Titanic disaster was concluded, so far as the New York hearing was concerned, on April 20th, and was resumed in Washington on April 22nd. By the testimony of Bride, the second wireless operator of the Titanic, it appears that the Frankfurter, of the North German Lloyd Line, was the first to answer to the Titanic's call for immediate help. As she did not come to the rescue, although probably much nearer than the Carpathia, it is surmised that her wireless operator did not understand fully the import of the Titanic's message. It also appears that about half an hour was lost after the repeated calls of the Californian in seeking to warn the Titanic of icebergs in the way, before the message was finally noted and reported to the captain. Bride gave his evidence from an invalid's chair, and almost on the verge of collapse. He was among the last to leave the ship, and is one of the few surviving witnesses of the awful last scenes on the topmost deck of the ill-fated steamer.

The Titanic's orchestra, of which eight members went to their death playing "Nearer, My God to Thee," was under the leadership of Bandmaster Hartley, who had been recently transferred from the Mauretania. The Titanic's orchestra was considered one of the finest, from a musical standpoint, that ever sailed; by their conduct during the last hour of the doomed vessel, the men who composed it revealed that, as men, they were of the mettle that merits a place among the records of the heroes of the world.